
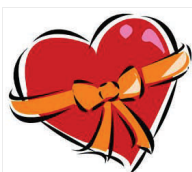




## February 2011

- Wednesday, February 2  
County-Wide Policy Council Executive Board Meeting
- Thursday, February 3  
EOC Pension Committee Meeting
- Monday, February 7  
EOC Holiday  
Lincoln's Birthday
- Wednesday, February 9  
EOC's CALA Session II
- Friday, February 11  
County-Wide Staff In-Service
- Monday, February 14   
Valentines Day  
EOC New Hire Orientation
- Wednesday, February 16  
County-Wide Policy Council Meeting
- Thursday, February 17  
CD's/TD's Meeting
- Monday, February 21  
EOC Holiday  
Presidents' Day
- Tuesday, February 22  
HS/EHS Self-Assessment Begins
- Wednesday, February 23  
EOC Board Meeting  
EOC CALA Session III
- Thursday, February 24  
EOC Management Training
- Friday, February 25  
Site Office Day
- Monday, February 28  
EOC New Hire Orientation

**"Thirty days hath September, April, June, and November; All the rest have thirty-one Excepting February alone: Which hath but twenty-eight, in fine, Till leap year gives it twenty-nine."**



*L to R—Marcie Santana, CWPC Chair, Congressman Jim Costa, Tito Lucero, EOC Board Representative and Alita Taylor, Nutrition Services Director.*

### Advocates In Training

Fighting for educating or teaching legislators; it doesn't matter how you word it. Head Start's Alita Taylor, Commissioner Tito Lucero, and Head Start County-Wide Policy Council Chairperson Marcie Santana are all in Washington D.C. learning how to advocate on behalf of Head Start.

The advocacy training's hands-on approach required all three to meet one-on-one with Valley representatives or their staff. Alita, Tito and Marcie were able to sit down with Congressman Jim Costa and share with him the importance and impact Head Start has on low-income children ages 3—5 and their families. Impressed with what he heard, Congressman Costa has vowed to visit at least one of our Head Start facilities in the near future.

Thank you Alita, Tito and Marcie for sacrificing time with your family to fight for low-income children and families.

### The World Loses A Hero

Sargent Shriver (1915—2011) the founder of well known programs including Head Start, Foster Grandparents, and Special Olympics has died. He was 95-years old.



Shriver, known for his ties to the Kennedy family, he was married to humanitarian, Eunice Shriver and served as the first director of the Peace Corps during John F. Kennedy's presidential term. He ran the War on Poverty and established the Office of Economic Opportunity during President Lyndon B. Johnson's administration.

This pioneer and visionary inspired or launched programs that, to date, have helped place millions of Americans on the path toward self-sufficiency. These programs include: Head Start, VISTA, Job Corps, Community Action, Upward Bound, Foster Grandparents, Legal Services, Special Olympics, the Shriver Center, Indian and Migrant Opportunities and Neighborhood Health Services.

Shriver's contributions for the betterment of our nation, as a political leader, peace builder, and activist will not be forgotten.

## #1 New Year Resolution: Dieting and Exercise

Now that it's a new year, most people will decide to turn a new leaf and change eating and exercise habits. How do you start? Starting a diet and exercise program can be overwhelming, especially if you do not know what the "right" choices are. By making good decisions from the beginning, starting off gradually and making healthy living a habit you are more likely to maintain your new way of life. Here are some tips to help you make some healthy changes:

1. Consult your physician before starting a new diet and exercise program. They can give you the best information on your current health, what changes you need to make, and the frequency and form of exercise program that would work for you.
2. Start your diet and exercise program gradually. You are more likely to quit your program if you make large changes at once because you are not fitting your new routine into your current lifestyle
3. Make your diet and exercise program part of your daily routine. If your program fits into your routine it is more likely to become a habit. Eventually you will make healthy diet and exercise choices without even thinking about it.
4. Do your research. Use the internet to find healthy recipes, healthy foods substitutions and alternatives. Learn how to identify healthy diet choices from unhealthy choices.
5. Consult a nutritionist. Information on how to make healthy choices can be conflicting and confusing. Use their experience and expertise to help create a diet plan you can

maintain.

6. Choose an exercise program you enjoy. It is less likely to seem like a chore and you are more likely to maintain your exercise routine.
7. Involve friends and family members. You are more likely to stay motivated if you are working together with someone else who is also starting or maintaining a diet and exercise program.

Check out the links below to learn tips on dieting and exercise:

[http://www.ehow.com/how\\_5058793\\_start-diet-exercise-program](http://www.ehow.com/how_5058793_start-diet-exercise-program)

<http://www.webmd.com/diet/evalutate-latest-diets>.

<http://www.webmd.com/fitness-exercise/default.htm>

<http://exercise.lifetips.com/>

## Valentine's Day Raffle

For only one dollar you can enter a chance to win one of these fabulous prizes. Basket #1 valued at \$175.00, Basket #2 valued at 125.00 and Basket #3 valued at \$50.00. Tickets will be available for purchase in Human Resources February 1—11, 2011 and will be available at the Head Start In-Service on February 11, 2011 until 1:30 pm. All proceeds go towards EOC employee events. Winners will be contacted at 3:30 pm on February 11, 2011.

## New Workers' Compensation Insurance Carrier

**Worker's Compensation Insurance Carrier**—Effective January 1, 2011, our worker's Compensation Insurance Carrier for Fresno County EOC will be Crum & Foster.

### Crum & Foster

One City Boulevard West, P O Box 14217, Orange, CA 92863  
Phone: (714)244-1051

**Change of Medical Provider Network (MPN)** - With the change of our workers' compensation carrier, Fresno County EOC has a new Medical Provider Network to treat work-related injuries. Unless you have properly predestinated a physician prior to an injury, any new work-related injuries arising on or after the change will be treated by providers in the new Medical Provider Network, Medex MPN.

If you have an existing injury, you may be required to change treatment to a provider in the new MPN. Please discuss this with your claims adjuster.

You may obtain more information about your rights and obligations within the MPN from the workers' compensation posting at your worksite or by contacting Jeff Sotelo in Human Resources at x1074.

**Reporting Work-related Injuries or Illnesses**—If you suffer a work-related injury you must immediately notify your supervisor, who will then contact Human Resources. Your supervisor will provide you with workers' compensation paperwork that you are required to complete, on which you must describe the circumstances of the injury. In order to open a workers' compensation claim, you must complete the "Employee" section of an Employee's Claim for Workers Compensation Benefits (DWC-1 Form). You will then be directed by the Human Resources Office to a FCEOC Occupational Medical Provider that is listed in the MPN.



If you would like to contribute articles to Head Start HeadsUp, contact Mike Garcia in the Head Start Human Resources Office 263-1224 , 263-1287 fax, [mike.garcia@fresnoeoc.org](mailto:mike.garcia@fresnoeoc.org)