

Building Blocks

Putting Families First

October - December 2024



Down East
Partnership
for Children



Down East Partnership for Children

Saturday, Sept. 28, 2024 • 11am - 3pm

NC Wesleyan University Campus

GIVEAWAYS! FOOD TRUCKS! GAMES! INFLATABLES! PRIZES! STORY TIME!

Fun Day Offers Free Games, Activities for Families

Looking for something fun to do with your family this fall? Please join us for Family Fun Day on the campus of NC Wesleyan University on Saturday, Sept. 28 from 11 a.m. to 3 p.m. This is a FREE event focusing on hands-on, fun activities promoting health, wellness, and literacy. There will be inflatables, games, prizes, demonstrations, and story time in Wesleyan's outdoor classrooms! Food Trucks will be on site (bring money to purchase food from these vendors).

The first 50 families to attend will receive a Free Family Fun Bag full of items like an e-writing tablet, sensory ball, twirling ribbons, large bubble wand, fun fruit tattoos and much more! All children in attendance will go home with a bag of books collected from the event. DEPC is also partnering with Kate B. Reynolds Charitable Trust and Ripe for Revival so that the first 50 families to attend will receive a voucher for fresh food on the Ripe Revival Mobile Market.

"We are excited about this event," said Henrietta Zalkind, DEPC Executive Director. "We are celebrating the partnership's 30th anniversary this year! We couldn't think of a better way to do that than create a fun event for children and families to enjoy. Wesleyan has been a wonderful partner and host, and we appreciate all the support the community has shown to us."

Many thanks to these sponsors for their support:

PNC, Boice Willis, Blue Cross Blue Shield, Healthy Blue, SunEnergy1, CBC/WRAL Community Fund of The Triangle Community Foundation, Kaplan Learning, Charles Lane, Pat Mauldin, Steve Felton/Creighton Hayworth/Wellworth Financial Group, a private wealth advisory practice of Ameriprise Financial Services, LLC, Orlando & Ericka Zito, St Paul Church, Linda Knight, and Shirley Freeman. Please contact us if you would like to be a sponsor of this event!

Smart Start Month Celebrated

Did you know Down East Partnership for Children is proud to be one of 75 Smart Start partnerships across North Carolina! Our Network is present in every community, ensuring that no matter where families are, a Smart Start partnership is always nearby to support them.

Here in Nash and Edgecombe counties this year 7,569 children benefitted from parent education and support programs through programs. As a partner of the Smart Start Network, we are committed to raising the quality of

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Did you know?




Smart Start

**75 Smart Start partnerships serve
all 100 counties of North Carolina.**

FAMILY SERVICES

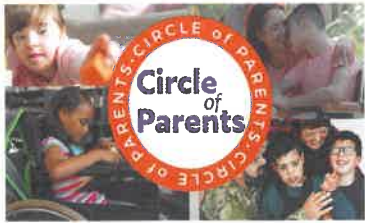


AT

Down East
Partnership for Children

Family First counselors are available to offer families information on over 150 community resources including choosing quality childcare referrals for Nash and Edgecombe counties. If you need childcare options, parenting information or resources, please call Family First at 252.985.4300 ext. 220. Counselors are available Monday through Thursday, 9 am to 5 pm and Fridays 9-12 Noon.

Circle of Parents



A support group for parents of children, ages birth to 18, with special needs. Parents can spend time connecting with each other, offering encouragement and support in caring for their special needs child. Circle meets on Monday nights from 6:00 - 8:00 pm in a hybrid format. All children in the family are invited to participate in children's activities.

REGISTRATION REQUIRED. Contact Sonja Person at sperson@depc.org

Kaleidoscope® Play & Learn Groups (16-week series)

Caregivers and their children, under the age of 5, are invited to join us at Down East Partnership for Children in Rocky Mount, Spaulding Family Resource Center in Spring Hope, or at Edgecombe County Memorial Library in Tarboro.

***Now taking registration for our Tarboro Group!**

Spend time playing and discovering ways to help our children continue learning at home.

Please contact Debra Boudreau at dboudreau@depc.org or 252-985-4300 ext. 270 to register.



Triple P Discussion Groups:
Hassle-Free Shopping
For caregivers with children ages birth to 5.
November 5, 5:30-7:30 p.m.

Triple P Briefs:
Schedule one-on-one coaching
for topics of your choice

Triple P Group:
Tuesdays for families with children ages 3-8
November 12 to December 17, 5:30 to 8 p.m.



For more information on Triple P or to register for upcoming events, please contact Abbi Mullens at amullens@depc.org or visit the Triple P website at <http://www.triplep-parenting.com/ncLearn>

Use this Code to Register!

You may use this QR code to register for Family Services programs.



NC Pre-K

NC Pre-K Applications are available in English and Spanish. Program locations are in private sites, public schools, and Head Start. Contact Family Services if you need help selecting a service provider. See the DEPC website for eligibility requirements and financial guidelines. There are no fees to families using this program.

HOW TO APPLY:

Applications may be accessed from the DEPC web page (<https://depc.org/child-care/pre-k-information-page/>) or picked up from 215 Lexington Street in Rocky Mount.

DEPC Scholarship Program

Offers families opportunities for assistance with child care if they are working a minimum of 30 hours per week or in school full time. This program serves children birth to age 5 and family income must fall below 85% of the state median income. Families are required to pay monthly parent fees on average of 10% of their gross income.

HOW TO APPLY:

Applications may be printed from the DEPC web page or picked up from 215 Lexington Street in Rocky Mount. For more information, call 252-985-4300, ext. 220.

We are offering one-on-one parenting support. Call DEPC's Family First line at 252-985-4300, ext. 220 for more information.



Recipe Best-ever Applesauce



This fall recipe will give you such a good I-can't-believe-I-made-it-from-scratch feeling! Maybe because maple and apple trees grow in the same climate, the two flavors taste delicious together. Eat this plain, spoon it into yogurt, or eat it alongside potato pancakes, chicken, or pork.

Ingredients:

- 4 Granny Smith or other tart apples, peeled (if you like), and diced
- 1/3 cup water
- 3 tablespoons maple syrup

Instructions:

1. Put the apples, water, and maple syrup in the pot, cover and put on the stove. Turn the heat to medium-low and cook until the apples are tender, about 30 minutes, stirring every couple of minutes to make sure the apples aren't sticking. Set aside to cool a bit, about 10 minutes.
2. Mash the apples using a potato masher or fork, and set aside to cool until just warm.
3. Serve right away, or put it in the container and refrigerate until cold. The applesauce will keep, covered and refrigerated, for up to 4 days.

Options:

- Chunky Applesauce: Don't mash the apples too much.
- Nutty Applesauce: Add 1/2 cup chopped lightly toasted walnuts or pecans after it's cooked.
- Cranberry Applesauce: Add 1/2 cup fresh or frozen cranberries when you add the apples.

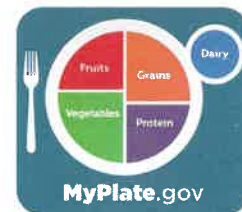
Check it out these recipes!

Leftover Turkey Casserole

Recipe from MyPlate.gov

Ingredients

- 6 slices bread, whole wheat
- 4 ounces cubed turkey
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon black pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low-sodium (10.75 ounces)
- 2 slices bread, whole wheat
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded (or jack cheese)
- 1/2 cup mayonnaise, light



Directions

1. Wash your hands with soap and water.
2. Lightly coat a 9x9x2 inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
3. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over bread crumbs.
4. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
5. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
6. When ready to bake, preheat oven to 325 °F.
7. Spoon soup over top of casserole.
8. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
9. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

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early childhood care and education, partnering with families to build on their strengths, and improving community health. We also work to create a stronger early childhood system where each community receives evidence-based and evidence-informed services that best meets its needs.

Thank you to our local community partners, our state and community leaders, early childhood leaders, and the families we serve who are part of our Smart Start family.

Through continual support and investments in Smart Start, we can ensure every child has the opportunity to thrive!



8th Annual Golf Classic
Friday, April 25, 2025
The Links at Cotton Valley
Visit depc.org for more info.



Down East Partnership for Children

215 Lexington Street | Rocky Mount, NC 27801
(252) 985-4300 | depc.org

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Rocky Mount, NC

Down East Partnership for Children is a nonprofit organization founded in 1993. It provides a model of services focused on prevention and intervention targeting young children ages 0-8. It leverages investments from local, state and national partners to launch every child as a healthy, lifelong learner by the end of the 3rd grade. For more information about DEPC, visit www.depc.org.



NC SNAP-ED

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider.

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HEART of DEPC

"I believe Circle of Parents was heaven sent just for my family."

A parent visited DEPC's Discovery Park with her three children. She stopped in DEPC for information and went home. Overnight, the parent used the information to register for DEPC's Circle of Parent's group, a support group for families with children experiencing special needs, ages 0-18. The following day the staff member called her back. As they talked, the parent began to cry. She shared that she really didn't expect us to call her, as many say they will, but never do. Her words to us were "I believe Circle of Parents was heaven sent just for my family." DEPC counselors were happy to help this Mom and they are happy to help you too. Call 252-985-4300.

Mark Your Calendar

Training Calendar: Visit depc.org for the latest Training Calendar for Child Care Professionals

Circle of Parents: Monday nights

Kaleidoscope® Play & Learn Groups: For children ages 0-5 at DEPC, Spring Hope and Tarboro!

Triple P Discussion Groups: Hassle-Free Shopping, Nov. 5, 5:30-7:30 p.m.

Triple P Group: Tuesdays for families with children ages 3-8 Nov. 12 to Dec. 17, 5:30 to 8 p.m.

DEPC Open House



**Thursday, Dec. 5, 2024
5 to 7pm at DEPC**