

Alphabet Soup

June, 2010

Nourishing ways to fill children's days.



See Inside for:

- Parenting Tips for the Summer
- Summer Family Get-Away Ideas
- Sweet Summer Treats
- June 2010 Staff Spotlight

Broadreach Family & Community Services

5 Stephenson Lane
Belfast, Maine 04915
338-2200

272 Park Street
Rockland, Maine 04841
594-8474

E-mail us at
info@brmaine.org

Visit us on the web at
www.broadreachmaine.org

Planning a Summer's Worth of Family Get Up and Go

Summer is beautiful but short here on the coast of Maine. Look over this list of wonderful day trips for families right in your backyard, and plan to make time for at least one outing each week. All of these trips are just right for families with preschoolers.

Maine's State Parks: Modest fee charged

- ◆ **Fort Knox** (just off Rte 1 on Verona Island) Bring a flashlight and a picnic lunch and explore the secret passages of Maine's largest fort!
- ◆ **Swan Lake State Park** (Rte 141 Swanville) Bring a blanket, sunscreen, sand toys and a cooler full of healthy snacks and enjoy a day of fun on the lake.
- ◆ **Lake St. George State Park**: (Rte 3 Liberty) Deep cool Maine lake with lots of room for wiffle ball, water frisbee and swimming. You can rent a boat or canoe to explore the lake.
- ◆ **Camden Hills State Park** (Off Rte 1 Camden) Drive up Mt. Battie for some of the best views around and explore the kid-friendly blueberry lined loop trails. For the more adventurous- hike up to the top: an energetic 5 year old could make it in less than an hour. Bring lots of water for your thirsty hikers.
- ◆ **Moose Point State Park** (Rte 1 between Belfast and Searsport) Take an afternoon to enjoy the sea breezes and views of Penobscot Bay. Explore tidal pools and an evergreen forest as you stroll the shore side hiking trails

Lincolntonville/ Isleboro Fun

- ◆ **Lincolntonville Beach** (Rte 1) Beautiful sandy beach, shallow at low tide, starfish and hermit crabs galore. Bring a bucket for treasure hunting and making sand castles.
- ◆ The ferry for **Isleboro**, leaves hourly from Lincolntonville Beach. Call for schedule.

Belfast Fun

- ◆ **Belfast City Park** has it all: city pool; playground; tennis; basketball courts, beachcombing at low tide.

Searsport Fun

- ◆ How about a walk around **Sears Island**? And don't forget a visit to **Mosman Park** for playground and beach fun! Consider a trip to the **Penobscot Marine Museum**.

Unity Fun

- ◆ **The Field of Dreams** has walking paths, tennis courts, ball fields, playgrounds and a pool!

Summer Poems

Beehive



Here is a beehive- (*make a fist*)

Where are the bees?

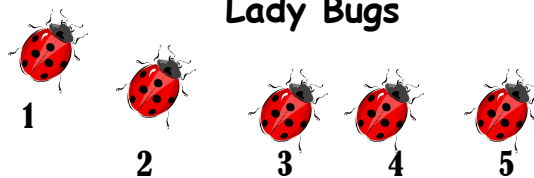
Hidden away where nobody sees.

Here they come creeping out of the hive

One, two, three, four, five. (*extend fingers one at a time*)

Buzz, buzz, buzz! (*wiggle your fingers*)

Lady Bugs



Ask your child to perform the actions that the words suggest.

I saw a little lady bug flying in the air,
But when I tried to catch her, two bugs were there.

Two little lady bugs flew up in a tree.
I tiptoed very quietly, and then I saw three.

Three little lady bugs--I looked for one more.
I saw one sitting on the ground, that made four.

Four little lady bugs--another one arrived.
I saw her sitting on a flower, and that made five.

Five little lady bugs, all red and black--
I clapped my hands and shouted, and they all flew back!

Enjoy Locally Grown Fruit This Summer!

Blueberry Ice Cream Pie

- 2 pints blueberries
- 1 cup sugar
- 2 cups water
- 1/4 cup cornstarch
- 1 9" ready-crust
- 1 qt vanilla ice cream (or frozen yogurt)
- 2 tbsp orange juice



In large saucepan, combine blueberries and sugar. Mix water and cornstarch together and stir into blueberry mixture. Cook at a simmer until sauce is thickened. Reserve 1/2 cup of the mixture for decorating the top. Cool. Spoon blueberry mixture into pie crust. Spoon ice cream over blueberries. Beat orange juice into reserved blueberry mixture. Drizzle over ice cream. Freeze. Remove pie 15 minutes before serving to thaw enough to cut. Cut into wedges to serve.

Enjoy sweet local berries!

Maine blueberries are great to have on hand year-round. Frozen berries are just right for pancakes, muffins and fruit smoothies.

Easy Freezing Tips: Blueberries freeze well without washing. Simply put room temperature berries into zip-lock bags and freeze. Rinse before using.



Summertime is great for READING!

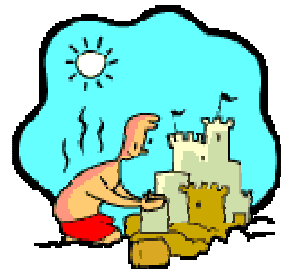
READ, READ, READ!

Cuddle together for quiet times with a book. Encourage your older baby to turn the pages and to point to what she sees. Ask your older toddler how the characters might be feeling and wonder together what will happen next. Let your child choose the books. The more interest she has, the more attentive and enjoyable the activity will likely be. And reading with your child teaches much more than academics. She is learning that you value her interests and choices, and that you love her and enjoy being close to her. Studies show that lifelong readers are those who as children simply found reading a pleasurable experience, with actual content being a less important factor.

Positive Parenting: Summertime Fun

Warm weather is a great time for children to get outside and explore. They love the chance to run, jump and use “outside voices” in the fresh air and sunshine. Here are some summer parenting tips to make the most of this wonderful season.

- ◆ Make a list of fun things to do and pick one each week - walk to the park, have a picnic, go to the beach.
- ◆ Plan ahead – talk about the day’s plans with your children. “Today we are going to the library and then to the beach. Before we leave we need to eat breakfast and pack.”
- ◆ Let them help get beach supplies or picnic items ready.
- ◆ Bring water and fresh fruit for snacks.
- ◆ Use sunscreen.
- ◆ Balance inside and outside activities – rest or play inside during the warmest time of day.



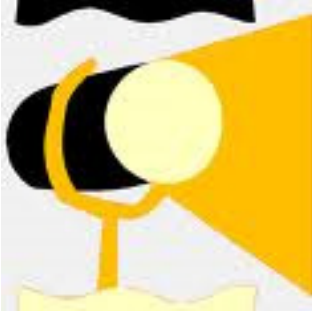
Take time to enjoy being outside with your children while you can.

Maine summers and childhood, don't last long!

Have a Wonderful Summer!

From the Board and Staff of Broadreach Family & Community Services, we would like to thank all of our children and families for another successful school year! Thank you to the children for making us smile each and everyday and the parents for your unconditional support of our Early Childhood Inclusive Program. Some of you are taking the summer off, some of you are departing for the Kindergarten journey and many of you will be with us all summer. Whatever your plans are for the upcoming summer season, please be safe and enjoy your family to the fullest. Think blue sky and sunshine and have the most memorable summer ever!

June 2010 Spotlight On You...



Linda Baker has worked for Broadreach for many years and has worn many hats. Her various jobs have included: serving as our PAPAL director, an Even Start home educator, a Teen Parent Program director, a Childcare Enrollment director, a Transportation director, a WIC director, an Early Reading First administrative assistant, a Literacy Volunteers of Waldo County coordinator, and a Targeted Case Management quality assurance specialist...just to name a few!! However, no matter what the job, she has always given everything she has. Her work is top shelf. She is the type of worker that every

place wishes for!

Linda stands in a league of her own. Through the years, her total belief in the families with whom she works has made all the difference in the world to them. The secret of her success has been that she treats ALL individuals with respect and genuine caring. She always places their needs before her own and takes all the time necessary to support their every need. Her families simply love her and she loves them right back. And she never forgets them! It's become kind of fun to watch Linda come into the office and tell her co-workers that she has just seen another little one whom she worked with 20 years ago or so and he still remembers her! She just smiles from ear to ear and then thrills us all with stories of long ago. Remarkably, she seems to remember all the families' names (Everybody! Uncles, Aunts, Cousins...Everybody!) of people she worked with almost 30 years ago! And they remember hers! This is a proof positive of someone who made a profound impact on the lives of so many.

In addition, Linda admires her co-workers at Broadreach just as much as the families. She respects what they do, offers her help all the time when they need it and never complains. She simply walks through the door and the office begins to buzz with excitement. She has found happiness here at Broadreach and she's the first one to tell you that she loves her job. It's wonderful that Linda is happy at Broadreach, but, the truth is, the agency is SO MUCH better off because of Linda and what she does here. When Linda takes an occasional day off, we can almost feel the difference in the atmosphere. Everyone holds her in the highest esteem. Recently, an employee with whom Linda works requested to see the executive director to talk about Linda as a co-worker. Here, in part, is what the individual said:

"I hope you realize what you have here in Linda Baker. She has an incredible work ethic, supervises people with all the warmth and support in the world, loves every single family she works with, works long, long hours so that all families are tended to, ALWAYS has a cheery attitude at work, and absolutely is dedicated to Broadreach and all it stands for!"

Wow. What a testimonial. And what a gift we have in Linda Baker. She has given this agency years of back breaking work. And I suspect that she'll keep on working at Broadreach for years to come and continue to give everything she has so that others succeed. She knows no other way. Linda is the consummate professional and any agency's dream of the "perfect employee". All of us at Broadreach owe Linda a great deal of thanks for her years of dedication and the effort she puts forth every day. So many lives have benefited from her unselfish giving so that others find a better way. Thank you, Linda, from all of us at Broadreach.