

December Newsletter - Home Visiting

EHS Home-Based Programs

The winter season is approaching, and the cold temperatures and snow have already arrived! Keep your family safe and healthy by preparing your home and vehicles. The following are some steps you can take to be winter ready:

- Winterize your home – CEDA provides a weatherization program in Chicago and suburban Cook County that will help keep your home warmer in the winter at no cost to qualifying families. Weatherization provides safety and health equipment, repairs or replaces heating systems, seals air bypasses and other drafty areas, increases attic, wall, basement, and crawl space insulation. This program is offered year round! Contact your local CEDA by calling toll free at (800) 571-CEDA (2332).
- Check all heating systems – CEDA includes repairing and replacing heating systems, but there are other measures you can take. Inspect and clean fireplaces and chimneys. Install a smoke detector and don't forget to test batteries monthly! Prevent carbon monoxide emergencies by installing a carbon monoxide detector in your home and learn the symptoms of carbon monoxide poisoning. They include headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. If carbon monoxide detector sounds, leave your home immediately and call 911.
- Warming centers are available across Illinois to help residents reduce their home heating costs. They are safe and warm locations to go to during the day while you turn down your thermostat. Do not lower your thermostat below 60 degrees. Warming centers do not offer food or drinks. Visit www.keepwarm.illinois.gov for warming center locations by zip code to find a warming center near you.
- Don't miss **Socialization Day!** It is a great opportunity for your child and your family to keep engaged. Families enrolled in the Home Visiting Option are also part of the Early Learning Activities/Events that happen at the Center. Ask your Parent Educator for more information on events going on this month.

Socialization schedules at IAFC Early Learning

- Chicago Heights: Second and fourth Friday of the month
- Dolton: First and third Friday of the month
- Ford Heights: Second and fourth Thursday of the month
- Harvey-South Holland: Second and fourth Friday of the month

★ **Wendi Walker,**
Young, Nutrition/Transportation Coordinator

Nutrition

Here is a nutritious recipe for the upcoming Holiday Season! Sliced apples and apricot jam glaze on top make this a great cake for special occasions.

Ingredients:

- 10 tablespoon butter
- 3/4 cup sugar
- 3 eggs
- 1 3/4 cup flour (sifted)
- 2 teaspoon baking powder
- 1 tablespoon lemon rind (grated)
- 2 apples (medium, pared, cored, sliced)
- 2 teaspoon sugar
- 8 tablespoon apricot jam (1/2 cup)



Directions:

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well-blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350 degrees.
7. Remove from pan, brush apples with jam, and cool.

Enjoy!

★ **Catalina Torres,** Parent Involvement Coordinator

Resources

FED EX is now hiring starting at \$15.25 hr. For more information, text FXGFlyer to 3301 or go to www.GroundWarehouseJob.fedex.com to find locations and opportunities.

South Suburban Cook County American Job Center

Harvey IDES Harvey Office
16845 Halsted St
Harvey, IL

Orientation Monday and Tuesday at 9 a.m. and Thursday at 1 p.m.

FREE services for job seekers include: Career coaching; professional Resume Building; Job Readiness Training; On-the-Job Training; Funding for Occupational Training; Job Training Assistance and Paid Job Experience.

Start a new career at Prairie State – Accredited institution and registered apprenticeship program. Earn your CDL-A in 22 days with no out of pocket costs. Employment Opportunities with KLLM Transport Services and FFE – Paid Driver Training and Internship. Class starts every Monday. Call 708-300-3345 for more information.

CEDA LIHEAP (Energy Program) is open now. LIHEAP assists with one-time sum amount towards your electric and/or gas bill if you qualify. Call 800-571-2332 for information on locations, eligibility and registration dates.