

What's up?

JCCDC Newsletter for Parents, Providers, Community Partners & Staff



As we celebrate November and December, we are reminded of the importance of gratitude, family, and togetherness. At JCCDC, we are thankful for our wonderful families, dedicated staff, and community partners who help make a difference in the lives of the children we serve.

This holiday season let us continue to share kindness, spread joy, and appreciate the special moments we share with others. Thank you for being an important part of the JCCDC family.

On behalf of JCCDC, I wish you and your loved ones a safe, peaceful, and joyful holiday season and a Happy New Year!

Warmest wishes,
Dr. Earlene Reynolds
Executive Director, Jefferson County Child
Development Council Inc.



- 🌞 November 1 – Daylight Saving Time Ends
- 🗳️ November 3 – Election Day
- 🧑 November 7 – JCCDC's Born Ready University
- 🏆 November 11 – Veterans Day- **School Closed**
- 🧑 November 14 – JCCDC's Born Ready University
- 🧑 November 18 – JCCDC's Dinner with Dads
- ❤️ November 19 – World Children's Day
- 🦃 November 26 – Thanksgiving Day-**School Closed**
November 25th-27th



- ❤️ December 1 – World AIDS Day
- ♿ December 3 – International Day of Persons with Disabilities
- 📖 December 4 at sundown–December 12 – Hanukkah (Festival of Lights)
- ⚖️ December 10 – Human Rights Day
- li>• 📜 December 15 – Bill of Rights Day
- ❄️ December 21 – First Day of Winter (Winter Solstice)
- 🚫 December 21-January 1-School Closed Winter Break
- 🎄 December 24 – Christmas Eve
- 🎁 December 25 – Christmas Day
- ❤️ December 26– January 1 – Kwanzaa
- 🌸 December 31 – New Year's Eve

Ms. Brackett & Ms. Youngs PreK3 Class at Martha Gaskins



Learning the Buildings Around Us

Over the past two weeks, children participated in a take-home activity designed to help them learn about the different types of buildings in their communities. The activity encouraged children to recognize buildings in their neighborhoods, explore the purposes they serve, and identify their favorite types of buildings. Through this hands-on learning experience, children had the opportunity to build their awareness of the world around them, share their interests, and make connections between what they learn and their everyday surroundings. We appreciate our families for supporting their children's learning and helping make this activity a meaningful experience!



COVID-19 vs. FLU vs. COLD

SYMPTOMS	COVID-19*	FLU	COLD
SYMPTOMS ONSET AFTER EXPOSURE	2 - 14 DAYS	1 - 4 DAYS	1 - 3 DAYS
Fever	Common	Common	Rare
Cough	Common (usually dry)	Common	Mild to moderate
Fatigue	Common	Common	Mild
Shortness of breath/difficulty breathing	Common (severe cases may develop pneumonia)	Rare	Rare
Body aches	Sometimes	Common	Mild
Sore throat	Sometimes	Sometimes	Common
Headache	Sometimes	Common	Rare
Digestive issues	Sometimes	Sometimes	Rare
Chills	Sometimes (may experience repeated shivering with chills)	Sometimes	Rare
New loss of smell and taste	Sometimes	Rare	Rare
Sneezing	Rare	Sometimes	Common
Runny or stuffy nose	Sometimes	Sometimes	Common

*Information regarding COVID-19 varies by state. People in different ways affected populations have had a wider range of symptoms reported - than individuals in lower areas. Consult your physician or the Centers for Disease Control website at www.CDC.gov for more and updated information on COVID-19 symptoms.

Cold vs. Flu

Cold
symptoms: Low or no fever, possible headache, runny nose, sneezing, mild cough, mild body aches, mild tiredness, sore throat

Flu
symptoms: High fever, headache, clear or stuffy nose, sneezing in some cases, severe cough, severe body aches, extreme fatigue that can last weeks, sore throat in some cases



BODY TEMPERATURE

NCLEX ORDER (FROM LOWEST TO HIGHEST)

KNOW THE RANGE. KNOW THE RESPONSE.

- SEVERE HYPOTHERMIA**
 Life-threatening decrease in body temperature.

<28°C (82.4°F)
- MODERATE HYPOTHERMIA**
 Significant decrease in body temperature; requires immediate care.

28-32°C (82.4-89.6°F)
- MILD HYPOTHERMIA**
 Mild decrease in body temperature; may cause shivering, confusion.

32-35°C (89.6-95°F)
- NORMAL BODY TEMPERATURE**
 Normal range for a healthy adult at rest.

36-37.5°C (96.8-99.5°F)
- LOW-GRADE FEVER**
 Slight elevation of body temperature above normal.

37.5-38°C (99.5-100.4°F)
- FEVER / PYREXIA**
 Elevated body temperature due to reset hypothalamic set point.
PYREXIA = FEVER SYNONYM

≥38°C (≥100.4°F)
- HIGH FEVER**
 Markedly elevated temperature; increases risk of complications.

≥39°C (≥102.2°F)
- HYPERTHERMIA / SEVERE HYPERTHERMIA**
 Abnormally high body temperature without an elevated set point (e.g., heat stroke, heat exposure, exertion).

≥40°C (104°F)
≥40.5°C (104.9°F)
MEDICAL EMERGENCY

FEVER vs. HYPERTHERMIA

FEVER (PYREXIA)

- Hypothalamic set point is raised
- Common with infections, inflammation, illness

HYPERTHERMIA

- Set point is NORMAL
- Caused by excess heat production or impaired heat loss (e.g., heat stroke, strenuous exertion)

NCLEX KEY POINTS

- Hypothermia: <35°C
- Fever/Pyrexia: ≥38°C
- High fever: ≥39°C
- Hyperthermia (severe): ≥40°C
- Pyrexia = Fever



The Origin of Veterans Day

Veterans Day is observed each year on November 11 to honor the brave men and women who have served in the United States Armed Forces. The holiday began as **Armistice Day**, marking the end of fighting in World War I on November 11, 1918. In 1954, President Dwight D. Eisenhower officially changed the name to Veterans Day to recognize veterans of all wars.

Did you know that Birmingham, Alabama, played an important role in this history? In 1947, Birmingham native Raymond Weeks organized a parade to honor all veterans, helping inspire the national observance we recognize today. Veterans Day is a time to express our gratitude for the courage, dedication, and sacrifices of those who have served our country.

Let us take a moment this November to thank our veterans for their service and commitment to protecting our freedoms.



The Origin of Thanksgiving Day

Thanksgiving is an annual holiday celebrated on the fourth Thursday of November, bringing families and

communities together to share meals and express gratitude. Its history dates back to 1621, when English colonists and members of the Wampanoag people gathered in Plymouth, Massachusetts, for a harvest celebration.

In 1789, President George Washington proclaimed a National Day of Thanksgiving. Later, in 1863, President Abraham Lincoln established Thanksgiving as an annual national observance, encouraging Americans to reflect on their blessings during the Civil War. Congress officially set the holiday on the fourth Thursday of November in 1941.

Today, Thanksgiving reminds us to appreciate our families, friends, communities, and the many blessings in our lives. It is also an opportunity to recognize the history and contributions of Native American communities and reflect on the meaning of gratitude and togetherness.



The Origin of Christmas

Christmas is celebrated each year on December 25 to honor the birth of Jesus Christ. Although the Bible does not specify the exact date of His birth, December 25 became widely recognized as Christmas Day in the fourth century. Over time, the holiday developed a variety of traditions, including decorating Christmas trees, exchanging gifts, singing carols, and gathering with family and friends.

Today, Christmas is celebrated around the world in many different ways, both religiously and culturally. For many, it is a season of faith, love, generosity, and togetherness—a time to spread kindness and share joy with others.



Crockpot Taco Soup 🌮

Ingredients:

- 1 lb. lean ground beef
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 cup frozen corn
- 1 (4 oz.) can diced green chiles
- 1 (28 oz.) can diced tomatoes
- 4 cups beef broth
- 1 packet taco seasoning

Directions:

1. Brown the ground beef and drain excess grease.
2. Add all ingredients to the crockpot and stir.
3. Cook on **LOW for 6–8 hours**.
4. Stir well and serve with shredded cheese, sour cream, green onions, or tortilla chips.

Enjoy this easy, hearty soup—perfect for chilly days!



Strawberry Chocolate Cheesecake Cups

Ingredients:

- 1 cup crushed chocolate cookies
- 3 tbsp melted butter
- 8 oz softened cream cheese
- ½ cup powdered sugar
- 1 tsp vanilla extract
- 1–2 tsp strawberry flavoring or 2 tbsp strawberry jam
- ½ cup chocolate chips
- 2 tbsp heavy cream
- Whipped cream and strawberries for topping

Directions:

1. Mix cookie crumbs and melted butter. Press into the bottom of small cups.
2. Beat cream cheese, powdered sugar, vanilla, and strawberry flavoring until smooth. Spoon over the crust.
3. Melt chocolate chips with heavy cream, stirring until smooth. Cool slightly and add over the cheesecake layer.
4. Top with whipped cream and strawberries, if desired.
5. Refrigerate for at least 1 hour before serving.

Enjoy this easy, no-bake treat!



Mental Wellness Tips for the Holiday Season

Prioritizing Your Peace, Joy, and Emotional Well-Being

The holiday season is often associated with joy, family gatherings, and celebration. However, it can also bring stress, loneliness, grief, and overwhelming expectations. It is important to remember that experiencing mixed emotions during this time of year is normal, and taking care of your mental health is just as important as preparing for the holidays.

Managing the Holiday Blues and Loneliness

The “holiday blues” can affect anyone, especially those navigating family conflicts, missing loved ones, or experiencing loneliness. Making time for activities that support your emotional well-being can help you manage difficult feelings and find moments of comfort throughout the season.

Consider incorporating these simple wellness practices into your daily routine:

- **Enjoy natural light:** Spend time outdoors or seek appropriate indoor lighting to brighten your day.

- **Practice gratitude:** Keep a gratitude journal and write down a few things you appreciate each day.
- **Stay active:** Take a short walk or participate in another physical activity you enjoy.
- **Listen to music:** Choose songs that help you relax, feel encouraged, or lift your spirits.
- **Make time to unwind:** Try meditation, yoga, or box breathing to help manage stress and promote relaxation.

Finding Relief from Holiday Stress

Between work responsibilities, family obligations, social gatherings, and financial pressures, the holidays can sometimes feel like more work than celebration. Give yourself permission to simplify your plans, establish healthy boundaries, and focus on what matters most.

Here are a few ways to protect your peace this season:

- **Learn to say “no”:** You do not have to attend every event or meet every expectation. Allow yourself time to rest and recharge.
- **Create a spending plan:** Set a realistic holiday budget to help reduce financial stress. Remember, meaningful moments and thoughtful gestures do not have to be expensive.
- **Make self-care a priority:** Schedule time for activities that help you feel refreshed, balanced, and emotionally supported.
- **Stay connected:** Reach out to trusted friends, family members, or colleagues when you need someone to talk to.

Knowing When to Seek Support

Although occasional stress and sadness can be common during the holidays, do not ignore feelings that persist, intensify, or interfere with your daily life. If you find yourself struggling to cope, consider reaching out to a qualified mental health professional for support. Seeking help is a sign of strength, and you do not have to navigate difficult emotions alone.

As we enter this holiday season, remember to extend the same kindness and compassion to yourself that you offer to others. Give yourself grace, celebrate the small moments, and make your well-being a priority. A healthier holiday begins with caring for yourself, one day at a time.

Wishing everyone a peaceful, healthy, and emotionally fulfilling holiday season!

TIMELESS CHRISTMAS STORIES TO SHARE AS A FAMILY



the ultimate list of **CHRISTMAS** **books for kids**



INCLUSION THROUGHOUT THE HOLIDAYS



Each year, as the days get shorter and the weather turns colder, we begin to enjoy a number of holidays throughout the fall and winter months. While this time is full of nostalgia and brings together families and friends for cherished traditions and celebrations, it can also be a time that creates unique challenges, undue demands and physical and mental overload.

This is especially true for someone living with a special need or disability.

R.E.S.P.E.C.T. - Foster a welcoming, inclusive environment and avoid drawing attention to a person's disability or making them the center of focus.

R— Recognize each person's autonomy, identity, and lived experience.

E— Empathize with the challenges others may face, seen or unseen.

S— Support accessibility needs without judgment or hesitation.

P— Protect privacy and personal boundaries; don't spotlight someone's disability.

E— Engage with people directly, not through assumptions or stereotypes.

C— Communicate clearly, kindly, and accessibly.

T— Trust individuals to define their own needs and experiences.





heritage, and community through seven guiding principles. Others celebrate the winter season with traditions such as Yule, or simply enjoy time with loved ones without observing a religious holiday.

Although our traditions and celebrations may differ, this season offers an opportunity to share kindness, express gratitude, and appreciate the connections that bring us together. From all of us at JCCDC, we wish our children, families, staff, and community partners a joyful holiday season filled with peace, love, and happiness, whatever you celebrate and however you choose to celebrate it. **Happy Holidays to All!**



Celebrating the Holiday Season: A Time for Joy and Togetherness

The holiday season is a special time when people around the world celebrate in different ways, honoring traditions, faith, family, and community. Christmas celebrates the birth of Jesus Christ, while Hanukkah, the Jewish Festival of Lights, celebrates faith and perseverance. Kwanzaa, observed December 26 through January 1, honors African American culture,

