

# WHAT'S HAPPENING IN EHS HOME-BASED

## JUNE

### HEALTH

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH- Worldwide, there are an estimated 47 million people living with Alzheimer's and other dementias, and without a change, these numbers are expected to grow to 76 million by 2030. But everyone can help to end this epidemic — especially you. During Alzheimer's & Brain Awareness Month, the Alzheimer's Association asks people around the world to go purple and use their brains to fight this devastating disease.

### OUR HOME VISITORS

HOME-BASED COORDINATOR  
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### FAMILY ADVOCATES

CARMEN R HARRIS  
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### POLICY COUNCIL

The May Policy Council met virtually via Zoom on May 27, 2021. April Minutes were approved. Eight prospective employees were approved to proceed through the hiring process. Enrollment, attendance, and snack reports were processed and approved by the Policy Council. Various program policies were presented and approved by the Policy Council. Service area and Center Reports were also reviewed and approved by the Policy Council.

## EDUCATION

Hydration: As the temperature rises this season, it is important to stay hydrated! Studies show there are MANY health benefits. Pregnancy and Water: Try to space out your sips to keep them coming steadily throughout the day rather than gulping a lot at once, which could leave you feeling uncomfortably full.

Infants: Suggested daily intake of water for Ages 6- 12 months: 4-8oz a day

Toddlers: Suggested daily intake of water for Ages 12-24 months: 1-4 cups a day, Ages 2-5 cups a day

### LET'S GET SOCIAL

#### Socialization Day

Free Book for Every Family That Participates  
Raffle Giveaway  
Snacks  
Congratulation to May's raffle winner  
Carmen Carver

Now  
Enrolling!



@MFCSHHEADSTART

### TOGETHER TIME

Fun in the sun!  
Enjoy a family picnic and bring lunch outside! Set up a blanket, some paper plates, and some fun summer treats. It's a great way to enjoy the beautiful weather close to home while having simple family time! Take it a step further and include some of your child's favorite outdoor activities whether bubble bowling or kite flying!

### BOOK OF THE MONTH

Jump, Frog, Jump by Robert Kalan



Head Start  
Mid Florida Community Services  
Early Head Start





# JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY 31  CLOSED MEMORIAL DAY	1	2	3  VIRTUAL SOCIALIZATION 10:00 A.M.	4	5
6	7	8  IN SERVICE DAY	9	10	11	12
13	14	15	16	17  IN PERSON SOCIALIZATION 10:00 A.M.	18	19
20  FATHER'S DAY	21	22	23	24	25	26
27	28	29	30			

