



# Cape Cod Children's Place Family Newsletter

for families and caregivers of children from birth  
through age six living on the Lower/Outer Cape...

## April Showers bring May flowers...

March and April were cold and rainy but all of that dreary spring weather is finally starting to pay off. The weather is getting warmer. The days are brighter. The leaves are growing on the trees and flowers are blooming everywhere. The staff and children here at CCCP have been busy coming up with ideas to make improvements to our grounds. After a lot of thoughtful planning, they came up with the idea of starting a Community Garden. Community gardens promote healthy communities, environmental awareness and education. One of the greatest benefits to CCCP's community garden is that we will be able to share the produce! If you are able to help us during any phase of our project, whether it's an hour of your time or a bag of soil, you are welcome to share the flowers, herbs, fruit, and vegetables that we grow. The children will be doing most of the planting, watering and weeding during their school day. We are seeking volunteers for weekend garden care. Come help us prepare for our Community Gardens and organize our playground during our work weekends on May 16 and 30. See page 4 of this newsletter for more details and don't forget to join us in celebrating our community on May 13th during our Family and Community Potluck at the Eastham/Orleans elks!

## Thanks and Giving...

**Thanks!** To all who participated and volunteered at the Family Fun Fair and "Making Ends Meet" at Nauset Middle School in March.

**Thanks!** To Lucy Gilmore for all of her hard work coordinating the Fun Fair.

**Thanks!** To the Eastham Cultural Council for awarding CCCP funding to hold enrichment programs for children and seniors at Eastham COA.

**Giving!** We are looking for artists to paint lunch boxes for our "Art Outside the Box" Fine Art Lunchbox Auction taking place on Monday, August 10, 2009.

**Giving!** We are looking for any donations of soil, mulch, fertilizer, stakes or fencing. Also, if you are able to donate the use of your garden equipment, please let us know.

## NEW PARENT, BABY & TODDLER NEWS

### New Moms: Meet other moms! free Moms + Babies groups :

These groups are informal gatherings of moms (dads and caregivers are also welcome!) and their pre-walking infants. We meet to share stories, ask questions and get familiar with resources that support you such as:  
nutrition, parenting, breastfeeding, etc.

Mondays, 10:30—noon Harwich Community Center,  
Oak St. Monica Keefe-Hess: 508-240-3310

Tuesdays, 10:15—11:45 a.m. (beginning March 24th)  
Eastham Public Library, 190 Samoset Rd., Eastham  
with Monica Keefe-Hess: 508-240-3310  
(funding for these groups from Children's Trust  
Fund)

### Nutrition for New Moms

Moms and Babies' Eastham group welcomes nutritionist Cristina Cepkauskas on Tuesday May 12th. She will give an overview on the importance of balanced meals, proper portion sizes and making healthy food choices. There will also be information for the breastfeeding mom and on starting solid foods for babies.

## Child Safety Seat Day

Officer Kate Mungovan of the Eastham Police Department will be at the Cape Cod Children's Place on May 30th from 8:00-2:00 PM to help parents with child safety seat information. As a Certified "Child Passenger Safety Technician" Officer Mungovan will be available to:

- Check for expirations
- Check for recalls
- Ensure the seat is installed properly in your car
- Make sure your child is in the seat properly
- Provide information on what kind of seat best fits your child
- Offer suggestions about after market products

For further information and directions please contact:

Cape Cod Children's Place  
10 Ballwic Rd. (formerly Forest Ave.)  
Off Nauset Rd.  
Eastham, MA 02642  
(508) 240-3310



### Mexican Turkey Burgers

1 Tbs. olive oil; 1 med. Onion, finely chopped; 1 med. Green bell pepper, finely chopped; 2 cloves garlic, minced; 1 cup salsa; 1 (15.25 ounce) can whole kernel corn, drained; 1 lb. ground turkey; 1 (1.25 ounce) pkg. taco seasoning mix; 1/3 c. dry bread crumbs; 6 (10 inch) flour tortillas; 6 tbs. sour cream; 2 c. shredded lettuce

Preheat oven to 450 degrees. Coat a med. Baking dish with cooking spray. Heat the olive oil in a skillet over medium heat, and sauté the onion, green pepper, and garlic 5 min. Remove from heat, and cool slightly. In a small bowl, mix the salsa & 1/2 the corn. In a lg. bowl, mix the onion mixture with the turkey, taco seasoning, & 2 tbs. of the salsa mixture. Divide into 6 patties, and press into the breadcrumbs to lightly coat on all sides. Arrange coated patties in the prepared baking dish. Bake the patties 10 min. in the preheated oven. Drain any liquid from the dish, turn patties, & spread with the remaining salsa mixture. Continue baking 10 minutes, to an internal temp. or 165 degrees. Warm the tortillas in the microwave, about 30 seconds on high. Wrap the cooked turkey patties in the warmed tortillas with sour cream & lettuce. Sprinkle with remaining corn to serve.

## ACTIVITIES & ANNOUNCEMENTS...

### Parent Chat with Cindy Horgan

At Stony Brook Elementary, Brewster

Wednesday, May 13, 2009

Wednesday, June 10, 2009

8:30—10:00

Sign-in at the front desk and get a Cape Cod Children's Place name tag.

\*Childcare is not available for this group.

### Laurel Day Camp

#### Chickadee Toddler Program

Ages 16 mos.—2 yrs., 8 mos.

Daily schedule will include: circle time, singing & Music Together classes, art projects, snack & lunch times, stories, & plenty of playing! Occasionally, toddlers will have water play & pool time. We offer flexible scheduling options, 5 days per week from 8:45-11:45 or 8:45-2:45. For more info, check out our website at [www.laurel-school.org](http://www.laurel-school.org)

### Kids Science Workshop

At Brewster Ladies' Library  
1822 Main St., Brewster

Saturday, May 9, 2009

10:30 a.m.

Kim Torres of Elements, Etc. will conduct an interactive workshop, *Spring Has Sprung*, which introduces children to springtime creatures: worms, bugs, bees, butterflies & other Cape Cod wildlife. Children will have the opportunity to interact with their favorite creepy-crawly friends as they learn about their life cycles, diets, and roles in the local ecosystem. Admission is free.

This program is designed for children of all ages.

### Orleans Playgroup

**Mondays 9:30**

Orleans play group will be meeting at the Eldredge Park playground located next to the baseball field across from Orleans's Police Station (weather permitting, otherwise we'll meet at the Federated Church)

5/4 Tea with Mom

5/11 Space

5/18 Caterpillars

5/25 closed for Memorial Day

6/1 Dinosaurs \*\*

\*\* Monday 6/1 will be the last meeting for this year. Hope to see you in September!

### Truro Tots Playgroup

#### Special Events

**May 4**—Zooquarium

Meet at the Truro Public Library parking lot at 8:30 am to carpool. Otherwise, we'll meet at Zooquarium at 9:30 am. 674 Rte 28, West Yarmouth. Take exit 8 or 7.

**May 11**—Zooquarium Rain date

**May 18**—Pitter Patter Puppets

Mary Wilson will bring her fun puppets beginning at 10 am.

**May 25**—Memorial Day Picnic

Meet at the playground behind the library. 9-11 am.

**June 8**—Katherine Winkler's Farm.

Meet behind Ducky Noon's off Rte 6 at 9 am

**June 15** Katherine Winkler's Farm Rain date

**Final Day**

Truro Tots Playgroup will begin again on Monday, September 14, 2009 Don't forget Story time is every Thursday at 10:30 am—year round and Wednesday night is Family Night during the summer at the Truro Public Library

## Preschool Years / Announcements

### Playgroup news...

The state budget cuts that were made in October 2008 reduced funds for the Mass. Family Network grant, which supports free playgroups and birth-3 programs in each town on the Lower and Outer Cape. As a result, many playgroups will be ending early this spring. Check the schedule in this newsletter or call Cape Cod Children's Place at 508-240-3310 for specific information.

### The Rocking Unicorn Nursery School in Chatham

Is now registering children for 2009-2010 school year. Openings are available in the three year old class (Tuesdays & Thursdays) and the pre-k class (Mondays-Wednesdays-Fridays). Please call Gretchen at (508) 945--0611 for more information or to set up a visit day for your child.

### Family & Community Potluck

Wednesday, May 13, 2009  
5:30-7:00 PM

Music & Entertainment at the Eastham/Orleans Elks, McKoy Rd., Eastham. Hosted by Cape Cod Children's Place. We'll provide hot dogs, you bring a dish to share!

RSVP to 508-240-3310

### Council Meetings

The Lower Cape Early Childhood Council is scheduled to meet at Cape Cod Children's Place on May 20th and June 17th. All parents and other interested parties are invited to attend and find out what the prospects and hopes are for next year's grant-funded programs on the Lower and Outer Cape, serving families with young children. The state's fiscal problems and the restructuring of early childhood services make this a particularly challenging time, and parents' voices can make a big difference at critical points in the budget process. Please come and find out what's going on. Call Elizabeth at 508-240-3310 or email her at ealdred@c4.net for more information.

### Cape Cod Children's Place Garden and Playground Work Weekends:

Saturday, May 16, 2009  
Saturday, May 30, 2009  
8:00 AM—2:00 PM

Come help us prepare our Community Gardens and organize our Playgrounds. We will be busy digging, planting, organizing and fixing up our playground equipment. Call CCCP for more specific information; 508-240-3310.

## MORE ACTIVITIES & ANNOUNCEMENTS...

### Single Moms Group!

Monday, May 18, 2009  
Monday, June 29, 2009  
5:30—7:00 pm

At Cape Cod Children's Place  
10 Ballwic Rd. (formerly Forest Ave.)  
Off Nauset Rd. in Eastham

Come join Kate and Cindy for this non-therapeutic group designed to encourage individuals to share their challenges as well as their successes. Meet new friends and be supported and empowered by each other!

FREE pizza dinner and childcare will be provided. Pre-register by calling 508-240-3310

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, Administered by Cape Cod Children's Place.

### Dads' Talk

Monday, May 4, 2009  
Monday, June 1, 2009

6:00-7:30 PM  
At Harwich Community Center  
100 Oak Street

With Matt Daniels & Paul Melville. A safe, non-therapeutic group providing an opportunity for dads of kids & teens to talk about the issues of being a father in today's world. Come gain support & share experiences & strategies to help you in the important job of being a father. Pizza & childcare provided. Information & registration 508-771-4338 or paul@capecoalition.com.

Sponsored by the Cape Cod Neighborhood Support Coalition with additional support from Cape Cod Children's Place & Harwich CPC

### Dad & Me "Critter Cruise"

Saturday, June 20, 2009  
1:00—2:15 pm

At Viking Princess Cruises  
MacMillan Wharf, Provincetown

Come join other dads, father figures and children for this FREE event sponsored by the Cape Cod Children's Place. The Critter Cruise sails promptly at 1 pm from MacMillan Wharf. An expert naturalist will be our guide as we explore the local marine world. You can help pull up a lobster pot or a bottom dredge & see what's inside. Explore some of the catch in the "Tide Pool Touch Tank".

Space is limited. Pre-registration is required; call 508-240-3310

Funding support provided by a Mass. Family Centers grant through Children's Trust Fund, administered by Cape Cod Children's Place.

Harwich Community Partnership Council for Early Childhood in collaboration with the Harwich Fire Association is offering:

### CPR Class

Tuesday, May 5th  
6:00—10:00 p.m.  
Harwich Community Center  
Cost: \$40

### First Aid Class

Tuesday, May 12th 6:00—10:00 p.m.  
Harwich Community Center  
Cost: \$40

To register please call Francie Joseph @ 508-430-1692 and make checks payable to the Harwich Fire Association, paid the night of the class.

## Gala Benefit Event of the Summer!

Join us for an extraordinary day on the Cape. This year our largest fundraising event is being held at Ocean Edge Resort & Golf Club. Events this year include a golf tournament on the spectacular 18-hole Nicklaus Design course, our 5th Annual "Art Outside the Box" Lunch Box Fine Art Auction and reception with live music, a gala dinner and a live auction. This major annual event is an opportunity for residents to enjoy the pleasures of the Cape, while supporting the future of our Cape Cod community.

### When

**Monday, August 10, 2009**

Where **Ocean Edge Resort & Golf Club**, 2907 Main Street, Brewster, MA

### Events & Times

**11:00 AM - Golf Tournament**

Bramble Format Golf Tournament, Prizes

Spectacular 18 hole Nicklaus Design course!

Includes round of play, cart, lunch, prizes, gift, reception & dinner

**5:00PM - Reception & "Art Outside the Box" Silent Art Auction**

5th Annual Auction - fine art lunch box paintings by popular Cape Cod artists; for art collectors or families to enjoy!

Includes hors d'œuvres, and cash bar wine & cocktails reception with live music.

**7:00PM - Gala Dinner & Live Auction**

Includes a plated 3-course meal in the resort's elegant *new* grand ballroom, with a live auction, featuring 10 lunch box paintings by 10 acclaimed artists

### Register

**Golf Tournament, Silent Auction Reception and Gala Dinner!**

Register alone (\$200), or as a foursome (\$760)

**only Reception, Auction, and Gala Dinner!**

Register individually (\$50), or as a table of 8 (\$360)

To register, or for more information about any of the day's events: please phone 508-240-3310, or register online after May 15th at [www.cccp09.com](http://www.cccp09.com).

After the tremendous success of last year's event, we anticipate an even greater turn out, so please register early!

To become a volunteer or sponsor: phone Gary Senecal at **508-255-6190**,  
or [g.senecal@comcast.net](mailto:g.senecal@comcast.net)



## **Raising Healthy Families**

Parent Education DVD

Featuring Cindy Horgan, Family Support Coordinator at Cape Cod Children's Place  
and co-founder of the Parenting Station

**ON SALE NOW \$99.99**

Invest in this powerful tool to empower healthy families!  
A great opportunity to expand your resource library!!

### **Disc #1: Understanding Development and Effective Communication**

Understanding what is developmentally appropriate for our children helps parents have realistic expectations. Being a good listener is essential in creating strong relationships.

### **Disc #2: Understanding Temperament**

Understanding a child's inborn temperament traits makes a parent's job easier.

### **Disc #3: Positive Discipline**

Positive discipline teaches skills and fosters an inner voice within each child.

### **Disc #4: Understanding Anger and Power Struggles**

Understanding the emotions involved helps promote emotional intelligence as well as problem solving skills.

To purchase this valuable resource please contact Cape Cod Children's Place.  
508-240-3310 or 800-871-9535.

**Cape Cod Children's Place and the children and families they serve would like to thank the following individuals, businesses and organizations for generously dedicating their time and talent in making this year's Lunchbox Auction a success:**

**ARTISTS**

Roy Thurston, Owner/Director, Blue Heron Gallery  
 Katherine Ann Hartley  
 Brad McFadden  
 Vera Champlin  
 Vincent Amicosante  
 Rick Fleury  
 Lorraine Trenholm  
 Ellen LeBow  
 Dough Johnson  
 Jim Holland  
 Susan Roux  
 Stephen Roth  
 Alice Brock  
 Anne Packard  
 Lance Walker  
 Jerome Greene  
 Allie Coate  
 Jim Weatherford  
 Thomas Meyer  
 Rebecca Zub  
 Louise Lamontagne  
 Megan Reilly  
 Elaine Felos Ostrander  
 Susan Osmond  
 Pharr Schulenburg  
 Jim Holland  
 John Neubauer  
 Paul Suggs  
 William Bartlett  
 Dorothy Strauss  
 Lynn Walker  
 Paul Schulenburg  
 Shirley Aleman Carson  
 James Maddocks  
 Donna Knight  
 Blossom Newman  
 Richard Muccini  
 Jesse Blanchard  
 Vivian Dickson  
 Jamie Shelman  
 Cherie Mittenthal  
 Bonnie Turner  
 Emma Tripp  
 Jill Epstein  
 Little Overhead Surf Shop  
 Reel Deal Fishing

**BUSINESSES**

Winslow Tavern  
 Belmont Springs  
 Truro Vineyards  
 Eastham Superette  
 Shaws-Orleans  
 Stop & Shop—Harwich, Orleans, Dennis  
 Cape Cod Museum of Art  
 Cape Cod 5 Cent Savings—Eastham  
 Seamen's Bank—Eastham  
 Snow Library—Orleans  
 Ace Hardware  
 Agway  
 Barley Neck Inn  
 Birdwatcher's General Store  
 Booksmith/MusicSmith  
 Cape Escape Mini Golf  
 Cape Ariel Tour & Michele Demond  
 Candleberry Inn  
 Chocolate Sparrow  
 Exteriors Care salon  
 Flowers by Cathy Malone  
 Heaven Scent You  
 J & M Hobbies  
 Kid and Kaboodle  
 Kim St. Aubin (Ninety Nine Restaurant)  
 La Sirena Hair Lounge  
 Mandy's Cape Creamery  
 Nauset Ice Cream  
 Nauset Sports  
 P.J.'s Family Restaurant  
 Poli  
 The Red Barn  
 Rosina's Café  
 Russ & Maries Marconi Beach Restaurant  
 Sea Dog Restaurant  
 Sickday Surf Shop  
 St. Aubin's Nurseries  
 T-Time Mini Golf  
 Wellfleet Beachcomber  
 Wellfleet Village Rental by Anne & Dan Needel  
 Provincetown Inn  
 Adrian's Restaurant  
 Saddlebrook Resort, FL Courtesy of Sarah Macaulay  
 Whitman House Restaurant

Artisan Skin Care Salon  
 Roe Osborne  
 Windmill Liquors  
 American Tent Company  
 Beacon Room  
 Ben & Jerry's  
 Bullfinch Hotel, Boston  
 Catch of The Day  
 Cape Trade Winds  
 Cheese Corner Deli  
 Dolphin Fleet  
 Fairway Restaurant  
 Gift Barn  
 Image Makers  
 Kemp Pottery  
 The Loft  
 Love of the Breed  
 Mac's Shack  
 Nauset Disposal  
 Nauset Kennels  
 Phoenix Fruit  
 Poit's Mini Golf  
 Race Point Lighthouse Stay  
 The Red Balloon  
 Salon 16 West  
 Sam's Deli  
 Season's by Cinnamon  
 So. Wellfleet General Store  
 Thompson's Printing  
 VR's Restaurant  
 Wellfleet Cinemas  
 W.H.A.T. Theatre  
 Willy's Gym

**FRIENDS OF CCCP**

Judy Lynch  
 Amanda Lynch  
 Kirsten Leary  
 Evelyn Jackson  
 Terri Souza  
 Dorothy Strauss  
 Kristen Hilley  
 Courtney Hurst  
 Jean Stanley  
 CCCP B.O.D.  
 Sweet Treats



## Spring 2009

The following free activities are offered in the Lower/Outer Cape towns for children aged birth-3, accompanied by a parent or caregiver.

### Brewster

Playgroup: Thurs, 9 –10:30 am at Stony Brook Elementary School. Call Raegan 508-255-6132 for more info.

Toddler Story Hour Fri, 10-11 am at Brewster Ladies' Library. \*\*\*Program ended 4/10/09\*\*\*  
Call Pat Policastro 508-896-2136 for more info.

### Truro

Truro Tots Playgroup: Mon, 9-11 am at Truro Public Library. Please call to learn about special events the library has planned.

Call Maggie Hanelt at 508-487-2693

\*\*\*Last meeting is Monday 6/15\*\*\*

### Eastham

Moms and Babies Wed. 10:00-11:30 at Cape Cod Children's Place for moms and their babies from birth to pre-walking. Call Monica Keefe-Hess at 508-240-3310.

Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Weekly story time and craft with Lucy Gilmore. Call Natalie Marsh 508-240-5950

### Wellfleet

Toddler Story Time Fri, 10:30-11 am A mix of stories, songs and projects geared for toddlers and their caregivers

Toddler Town: Fri, 11 am-2 pm A PARENT supervised indoor play facility geared for children up to 3 years and their families.

Both at Wellfleet Public Library: 508-349-0310

### Chatham

Itsy Bitsy Yoga Thurs. at Eldredge Public Library. Tyke 9:30 am (ages 2-4). Tots 10:45 am (crawling-24 mos.) yoga that continues to build the parent/child bond & help your tots feel happier & more confident in their moving bodies. Infants 11:45 pm (birth-crawling) a calming & nurturing yoga that helps soothe & support the development of your baby's body. Call Monomoy Community Services : 508-945-1501 to register.

### Provincetown

Born to Read Playgroup (resumes January 13): Tue and Thurs. 9-11 am at Provincetown Public Library. Call 508-487-7094 for info.

### Harwich

Moms and Babies Mon. 10:30-12 For moms and their babies from birth to pre-walking. An informal place to meet other moms and to share information and resources. Call Monica Keefe-Hess at 508-240-3310. \*\*\*Last Meeting is Monday 6/15\*\*\*

Playgroups: Tue, Thu; 9-11:00 am  
Parent Coordinator: Melanie Bach. Call 508-430-8603 for information

\*\*\*\*\*

Above groups meet at Harwich Community Center

### Orleans

Playgroup: Mon, 9:30-11 am Federated Church.

Parent Coordinator: Allison Pillsbury 508-737-6094

\*\*\*Last meeting is Monday 6/1\*\*\*

Funding support for most of the above programs is provided by grants from the Children's Trust Fund and Massachusetts Department of Early Education and Care, administered by Cape Cod Children's Place. Call 508-240-3310 for more information.



PRSRT STD  
U.S. POSTAGE PAID  
EASTHAM, MA  
PERMIT NO. 14

Cape Cod Children's Place, Inc.  
PO Box 1935  
10 Ballwic Road, off Nauset Road  
North Eastham, MA 02651

Phone: 508-240-3310 or  
800-871-9535  
Fax: 508-240-2352  
www.capecodchildrensplace.org

*This newsletter is funded by grants from the Massachusetts Department of Early Education and Care and the Children's Trust Fund.*



### ***Helpful telephone numbers:***

- **Outer Cape Women, Infants & Children's Nutrition Program (WIC):** 1-800-675-1188
- **Fuel Assistance Program** (emergency help for fuel/heating costs): 508-746-6707
- **MSPCC** (MA Society for the Prevention of Cruelty to Children): 508-775-0275
- **Alanon** (support for families of those with drinking problems): 508-394-4555
- **Healthy Connections** (insurance and MassHealth referrals, applications and info): 508-255-1903
- **Mass-APEAL** (free clothing shop in Wellfleet / info on Food Share program): 508-349-1173
- **Lower Cape Outreach Council** (financial assistance for emergencies, food, clothing): 508-240-0694
- **LaLeche League** (breastfeeding information): Carolyn Witt at 508-255-8521
- **Maternal Depression** (resources and referrals): Cindy Horgan 508-240-3310
- **The Center for Breastfeeding** (toll free line to get answers to breastfeeding questions) 1-888-890-2229
- **Consumer Credit Counseling Service** (non-profit assistance with budgeting & debt consolidation): 1-800-208-2227
- **Family Support Program** (free referrals to parenting resources, child & family therapists, etc): Cindy Horgan 508-240-3310
- **Massachusetts Child Support Enforcement** (Hyannis office): 508-771-2414 ext. 3
- **Parental Stress Line:** 1-800-632-8188
- **Provincetown Family Resource Center** (support, referral and financial aid through John A. Henry Trust, administered by CCCP. Located at the Grace Goveia building, limited hours. Call CCCP 1-800-871-9535 or Tuesdays call 508-237-2688.

# **Children's Trust Fund**



**Preventing Child Abuse \* Strengthening Families**