



Cape Cod Children's Place Family Newsletter

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

Thanks and Giving...

Cape Cod Children's Place and its many and varied programs have been supporting and advocating for families & early childhood professionals on the Lower and Outer Cape for over twelve years. In that time it truly has become an organization that is part of and belongs to the community it serves. One of the wonderful things about the Lower and Outer Cape is that the businesses and families that make up this area really know the true meaning of caring and community.

On September 19, Cape Cod Children's Place welcomed volunteers from Cape Cod Five Cents Savings bank, who cleaned gutters, weeded flower beds, raked leaves, painted walls and organized our library of parent education materials as part of the Cape and Islands United Way Annual Day of Caring. Student volunteers from Nauset Regional High School helped at our "Art Outside the Box Too" lunchbox fundraiser outside the Blue Heron Gallery during Wellfleet's Oyster Fest on October 13th and 14th. Charlotte and Stu Fyfe hosted our 4th annual Spirited Halloween Wine Tasting fundraiser on October 27th at the Candleberry Inn in Brewster with the support of local business. On Saturday, December 1st, Don and Pam Andersen will host their annual Abelskiver Breakfast fundraiser at the Inn at the Oaks during Eastham's Holiday Festival with proceeds going to Cape Cod Children's Place. This much anticipated annual event always evokes the true meaning of giving and holiday spirit.

It is these acts of caring and spirit of giving that make our community great. In appreciation of all of the businesses, families and individuals who have given back to their community by supporting the Cape Cod Children's Place, we have added a new page to our newsletter that recognizes our supporters. This issue's page is just a glimpse of the many people that support us. As we continue to update our page it will serve as a great reminder of how the spirit of giving carries over from the holiday season and continues throughout the year.

Happy Holidays!

NEW PARENT, BABY & TODDLER NEWS

New Moms: Meet other moms!

Free Moms & Babies groups :

These groups are informal gatherings of moms 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.

**** All groups meet from 10:30-noon!**

Mondays, Harwich Community Center, Oak St.

With Monica Keefe: 508-240-3310

Thursdays, Cape Cod Children's Place, N. East-

ham. With Monica Keefe: 508-240-3310

(funding for these groups from Children's Trust Fund)

Early Intervention Program—for children birth to three years of age

Do you have any concerns about your child's motor skills, language development or behavior?

Free developmental assessments and services are available for any child from birth to 3 years of age by Early Childhood Intervention, a program of Cape Cod Child Development. A team of professionals work in partnership with parents to provide individualized services to eligible children in their home or other familiar environment. For more information, call 508-775-6240.

La Leche League

Information and support for breastfeeding moms and moms-to-be!

at Cape Cod Children's Place on Forest Ave. in North Eastham from 3:30-5 pm
Tuesday, Nov. 28th

For more information, call Carolyn:
508-255-8521

OUTER CAPE WIC PROGRAM

800-675-1188

Providing nutritious foods, health information and referrals to pregnant women, infants and children to the age of 5. Offices in Harwich, Orleans, Wellfleet and Provincetown.



Turkey and Portobella Casserole

6 ounces rotini pasta, 1 pkg. Large sliced portobella mushrooms, 1 tbs. Olive oil, 1 tbs. Unsalted butter, 2 cloves garlic, thinly sliced, 2 tbs. Flour, 1 c. milk, 1/4 heavy cream, 1/2 tsp. Salt, 18 tsp. Black pepper, 1 1/2 c. diced cooked turkey, 3/4 c. shredded mozzarella and parmesan cheese blend.

Heat oven to 350 degrees. Coat a 1 1/2 quart baking dish with nonstick cooking spray. Cook pasta and drain. Cut sliced mushrooms into 1/2 inch pieces. In a med. Size saucepan, heat oil & butter over med. Heat. Add mushrooms & garlic. Cook, stirring occasionally, for about 5 min. or until mushrooms are softened. Sprinkle flour over mushrooms and cook for 1 min. Gradually stir in milk & cream. Bring to a boil, then reduce heat & simmer for 2 min. or until thickened. Stir in salt, pepper turkey. Mix pasta, mushroom & turkey mixture & 1/2 c. of the cheese blend in baking dish. Sprinkle remaining 1/4 c. of cheese over top. Bake at 350 degrees for about 12 min. or until lightly browned.

Preschool Years / Announcements

Meeting House Preschool in Orleans is raising money for a new playground!

Help support them in their effort by attending any or all of the following events over the next month:

November 1-9: Order Homemade pies for Thanksgiving. Pie orders will be ready for pick-up November 18.

November 1: Shopping Night 5-7 pm. Order your holiday gifts from Silpada, Discovery Toys, Pampered Chef, Tupperware, Books Unique (personalized books and CDs!), Avon and more! Most vendors and some generous community businesses will donate items to be raffled off!!

December 9th: Come fill up a tin of home baked goods!

Call Raquel at 508-385-8963 for details!

Orleans Playgroup

Monday Nov. 12th Columbus Day Field Trip to Bonkers at 10 am!

**Join us for Tyke Hikes at Thompsons Fields Rt. 39 Harwich on Thursdays November 1st, 8th and 15th.
(Snacks and drinks provided.)**

Call Allison Pillsbury at 508-737-6094 for information.

There will be no playgroup on Mon. Novem-

EASTHAM'S TUESDAY TODDLER TIME PLAYGROUP

Eastham Methodist Church 10-11:30

Coming in November:

**6th KIDS YOGA with Genie Morrow of Cape Cod Kids Yoga
14th Leaves, Leaves, Leaves
20th Thanksgiving Celebration!
27th Teddy Bear Picnic!**

Coming in December:

**4th KIDS YOGA with Genie Morrow of Cape Cod Kids Yoga
11th Salt Dough Wreaths and Gift Wrap Making!
18th Traveling Canvas
25th No Playgroup—Happy Holidays!!!**

Call Laura Handville at 508-255-7452 for more information.

FREE WORKSHOPS AT THE HARWICH HEALTH CENTER 11 Pleasant Lake Ave. Harwich Center

Mon. Nov. 12th 6:30—7:30 pm

Cooking Greens—We all need more greens in our diet. Stop die-eating & start life-eating! This workshop will help you identify & learn to prepare lots of fresh greens.

Mon. Dec. 3rd 6:30—7:30 pm

Cooking Grains - Grains are the staff of life. In this class, you will be introduced to a huge assortment, have a chance to taste & witness preparation, plus take home 1 cup bags with recipes to try at home.

FREE!!!

**Cape Cod Children's Place Family Roadshows and Parenting
Workshops November/December 2007:**

(Call Cape Cod Children's Place 2508-240-3310 to register!)

Nov. 14 **Grandparents as Caregivers Support Group** Noon-1:30 pm at Harwich Community Center, 100 Oak St., Harwich. Join Mary Keefe and Cindy Horgan for discussion, support and resources to help with raising grandchildren. This group meets monthly.

Nov. 16 **Pediatric CPR & First Aid Class** 7:00-8:00 pm at Cape Cod Children's Place, Forest Ave., off Nauset Rd., N. Eastham. Learn lifesaving skills in sixty minutes with the new American Red Cross Safe Baby Presentation. Participants learn the basic skills to assist an infant with a choking emergency and how to give CPR. The presentation also utilizes the American Red Cross First Aid Preparedness Booklet.

Nov. 17 **Dads & Me Day** 9:00-11:00 am at Willy's Gym, 4730 State Highway 6, Eastham. Dads bring your kids for a fun morning at Willy's Playworld, the Cape's largest indoor soft play structure. Includes slides, tunnels, tubes, a moon bounce, toddler play are and more!

Nov. 26 **Single Moms** 5-6:30 pm at Cape Cod Children's Place, N. 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. This group meets monthly.

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*funding for the above programs is provided by a Mass. Family Centers grant through Children's Trust Fund, and grants from the Mass. Department of Early Education and Care.

MORE ACTIVITIES & ANNOUNCEMENTS...

Council Plans

The Lower Cape Early Childhood Council is incorporating several workshops into its meeting schedule this year. All individuals working in any capacity with young children are welcome to join the group, which meets monthly during the school year and oversees grant-funded programs for children and families on the Lower and Outer Cape.

The next meeting is Wednesday, December 12 from 6-7:30 pm at Cape Cod Children's Place for its traditional December Potluck and an evening of sharing crafts and creative projects. Bring a food item and an activity to share. Call Elizabeth or Kate at 508-240-3310 for information about the Council and any specific meetings.

Sea-Babies, Cape Cod Children's Place's Infant and Toddler Program located at the Wellfleet Council on Ageing has a new logo!

In celebration we have T-shirts of assorted colors in adult and children sizes, bibs and onesies available for sale for just \$15 each.

They make a great gift for the holiday and the proceeds go to benefit the Sea-Babies program.

Call 508-349-3052 to place your order.

Marie Enocthy, Coordinator of the Early Childhood Resource Center at Cape Cod Children's Place, was named in September to serve on the Early Education and Care Subcommittee of Governor Deval Patrick's Readiness Project. This Subcommittee is charged with producing recommendations by early February, to guide the strategic plan for a comprehensive approach to all aspects and ages of education in the coming decade. Thirteen subcommittees are working on different aspects of education. Marie is one of only two Cape residents selected to work on this important project. The other is Andrea Silbert, a candidate for Lieutenant Governor in recent years.

On October 25, several Cape residents joined Marie at a public meeting of the Early Education and Care Subcommittee, held in Somerset. The governor and several legislators were also present at this meeting, which was scheduled to get public input and provide an update on the Subcommittee's work.

For more information about this Subcommittee and the Readiness Project, contact Marie at menochty@c4.net.

WE CAN

**537 Main St., Suite 2H
Harwichport**

Free Legal Clinics for women:

Thursday November 11

9-11 am—Wills & Estates

1-3 pm—Family & Estates

Thursday, December 13

9-11 am—Landlord/Tenant

Estate Planning

1-3 pm—Family Law

Call 508-430-8111 for an appointment

THANKS TO ALL OF THE FRIENDS AND SUPPORTERS OF THE CAPE
COD CHILDREN'S PLACE...

ARTISTS

Roy Thurston
Julie McAskill
Dorothy Strauss
Vera Chaplin
Anne Packard
Jim Holland
John Neubauer
Cynthia Samuelson
John Mulcahy
Donna Mahan
Jesse Blanchard
Vincente Amicosante
Pauline Lim
Bruce McFadden
Rick Fleury
Blossom Newman
Beverly Bridgewater Fuller
John Clayton
Pharr Schulenburg
Janet Gilmore
Lorraine Trenholm
George Lynde
Larry Horowitz
James Maddocks
Stephen Roth
Cynthia Guild
Lynn F. Walker
Shirley Aleman Carson
Paul Suggs
Hilda Neily
TJ Walton
Anne Hartley
Mary Giammarino
Rohkaya Waring

BUSINESSES

Bob Korn Imaging
Winslow Tavern
Windmill Liquors
Tristan Gallery
Chris Green, Photographer
Truro Vineyards
Framing Gallery
Rowely Gallery
Cape Cod Museum of Art
Snow Library
The Beacon Room
Mac's Shack
Charles Moore Arena
Wellfleet Harbor Arts Theatre
Sir Speedy Printing
Fitness Revolution
Stella's Pizza
Belmont Springs
Cobie's Ice Cream
Village Farm Market
Brewster Pizza House
Friends Marketplace
Emack & Bolio
Sam's Deli
Flowers by Cathy Malone
Wellfleet Spirits Shoppe
Stop & Shop
Shaw's Market
Staples
Hot Chocolate Sparrow
The Baseball Shop
Candleberry Inn
Inn at The Oaks
Seamans Bank
Cape Cod Five Cents Savings Bank
Brewster Wine Cellars

PROFESSIONAL and LOCAL
SPORTS TEAMS

The Red Sox Foundation—
Courtesy of: Justin Prettyman
and Meg Valencourt
Josh Beckett
Mike Timlin
Javier Lopez
Boston Bruins Organization:
Jason York
Boston Celtics Organization:
Tony Allen
N.E. Patriots Photo—
Courtesy of: Larry Squire
Brewster Whitecaps—
Courtesy of: Clair Gradone
and the players
Orleans Cardinals—
Courtesy of: Sue Horton
and the players
Chatham A's—
Courtesy of: Virginia Kangas
and the players
Tennis Stars: Courtesy of Epic
Sports—Ryan Macauley
Mike Bryan
Bob Bryan
Marat Safin

FRIENDS OF THE CAPE COD CHILDREN'S PLACE

Dorothy Strauss
Judy Lynch—Community Artist
Rebecca Nolan—Parent
Kristen Hilley—Cape Cod Computer
Marianne and Michael Quinn
Babe Weinstein
Beth Seizer—Parent
Sue Kiklis—Parent
Gail Fee—The Boston Herald



Fall/Winter 2007

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 at 508-255-6132
Toddler Story Hour Fri, 10-11 am at Brewster Ladies' Library
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

Eastham

Moms and Babies Thurs. 10:30-12 at Cape Cod Children's Place for moms and their babies from birth to pre-walking. Call Monica 508-240-3310
Toddler Time Playgroup: Tue, 10-11:30 am at Eastham Methodist Church. Call Laura Handville at 508-255-7452 for information
Parent Chat & Playgroup Wed., 10:30-11:30 am at Eastham Public Library. Weekly storytime 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

"Nothing But Art" Tues. & Wed. 9:30– 11am. A wonderful messy chance for parents & children to play together in weekly art & expression based activities. Paint, paper, clay, and much more. Birth—5 years w/parent. No fee 6-8 week sessions.

Wee Read Storytime/Playgroup Fridays at 9:30 or 11:00 for children 12 mos. To 3 yrs. This early literacy program includes developmentally appropriate stories, songs, fingerplays, craft and play activities. Registration is required.

Itsy Bitsy Yoga Thurs. at Eldredge Public Library. Tyke (2 to 4 yrs) at 9:00 am, Tots (almost crawling to 24 mos) at 10:15 am, Baby (pre-crawling infants) at 11:30 am. Join certified IBY facilitator for this unique parent/child bonding opportunity. 8 week session offered Fall, Winter, Spring, and Summer.

Call Eldredge Public Library (508-945-5170) or Monomoy Community Services (508-945-1501) for details.

Provincetown

Born to Read Playgroup: Tue and Thurs. 9-11 am at Provincetown Public Library. Call 508-487-7094

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 at 508-240-3310

Playgroups: Tue, Thu; 9-10:30 am and 10:30-noon
Parent Coordinator: Melanie Bach. Call 508-430-8603 for information

* *

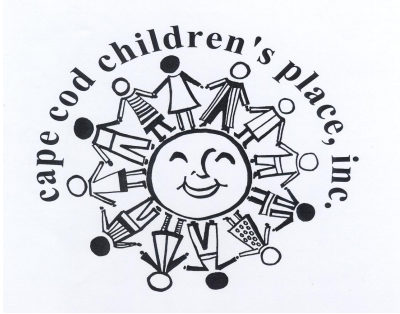
Above groups meet at Harwich Community Center

Orleans

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

Parent Coordinator: Allison Pillsbury 508-945-8089

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.



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EASTHAM, MA
PERMIT NO. 14

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Forest Avenue, off Nauset Road
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Phone: 508-240-3310 or
800-871-9535
Fax: 508-240-2352
www.capecodchildrensplace.com

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
- **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
- **Maternal Depression** (resources and referrals): Cindy Horgan 508-240-3310
- **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