

2016

# Crossroads Youth and Family Services

## All roads lead to home

We support the healthy lifestyles and emotional well-being of children, youth and families through the provision of effective, community-based programs and services.



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# Crossroads Chronicle

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Childhood is the world  
of miracle and  
wonder...  
as if creation rose,  
bathed in the light,  
out of the darkness,  
utterly new  
and fresh  
and astonishing.

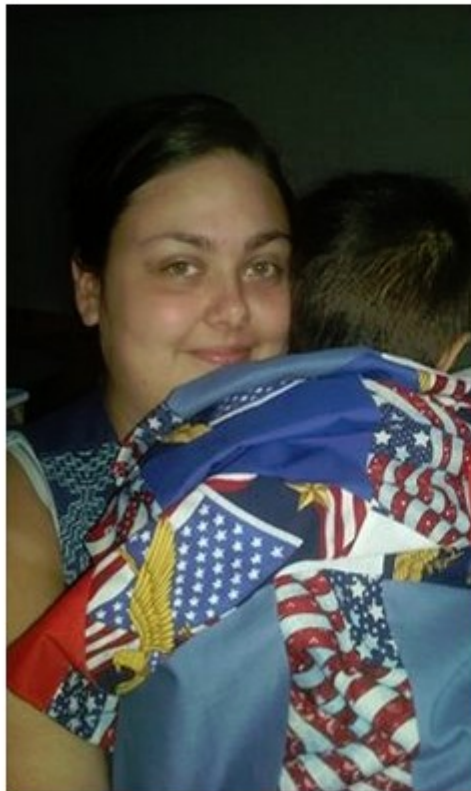
--Eugene Ionesco



**Crossroads Youth & Family Services, Inc.**

Published by Marla Parish [?] · October 7 · 🌐

TGIF, Peeps, TGIF! Wanted to share a beautiful picture of one of our staff holding one of our Head Start kiddos, covered by a beautiful quilt made for us by some truly talented quilters here in Norman, Oklahoma. They call themselves "Ugly Quilters of Norman," but, from where we're sitting, their quilts are sublime. Thank you, ladies. Job exceedingly well done!



"Every Child Needs  
One Person Who Is  
Crazy About Him."

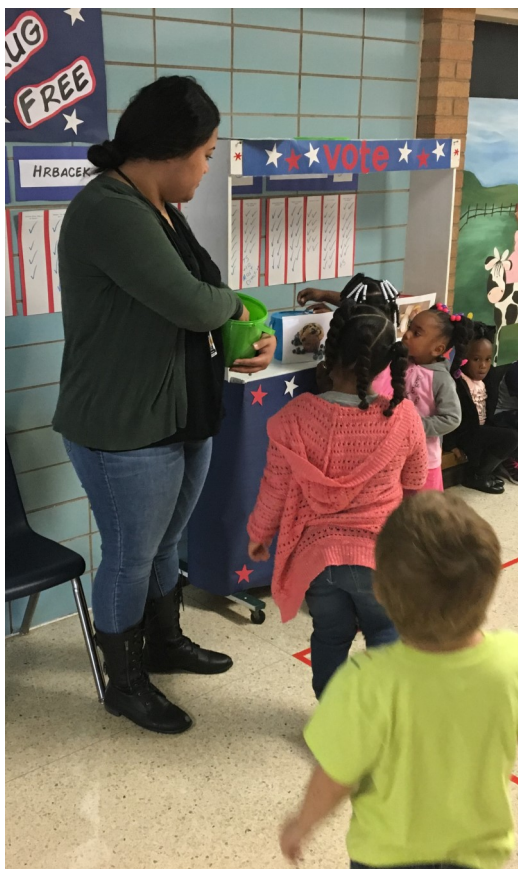
Uri Bronfenbrenner



- \* Celebrate Them
- \* Comfort them
- \* Listen to them
- \* Collaborate, *Ask their Opinion*
- \* Inspire, *Help them see a brighter future*

### **Head Start and Early Head Start**

Celebrations and daily routines boost school readiness skills by engaging young children with a sense of belonging.



The children are voting at Beginnings Academy.  
Vote for your favorite muffin.

Blueberry or Banana Nut

"There is still much to learn about how to help all of our children, so that ultimately they can lead good, rich, and satisfying lives," wrote Lilian Katz in her article, "[Celebrating Each Other's Gifts](#)" in the November/December 2013 issue of *Exchange*.

"I think the great struggle of our time—and no doubt for generations to come—is the struggle for equality. But we might ask: equality of what? People are not equally tall or musical or mathematical or athletic or beautiful, but they are equally human! Equally human in the sense that they all have hopes, and dreams and wishes and fantasies and aspirations and fears and doubts. They all want to be treated with respect and dignity and want to feel loved by someone. In these ways it seems to me, all of the world's people have much more in common than they have apart!"

*Free daily electronic subscription is found on [exchangeeveryday@ccie.com](mailto:exchangeeveryday@ccie.com).*



## Masons donate Turkey Dinners

Six Beginnings Academy families will enjoy preparing a traditional turkey dinner.

## Beginning Academy Annual Fall Festival



There was an old woman who swallowed  
a cow,  
I don't know how she swallowed a cow!  
She swallowed the cow to catch the goat,  
She swallowed the goat to catch the dog,  
She swallowed the dog to catch the cat,  
She swallowed the cat to catch the bird,  
She swallowed the bird to catch the spider,  
That wriggled and jiggled and tickled inside  
her,  
She swallowed the spider to catch the fly,  
I don't know why she swallowed the fly,  
Perhaps she'll die.



There was an old woman who swallowed  
a horse,  
She's dead—of course!



Angie Rodriguez swallowed a fly  
while having fun with her team of  
witches.



A few surprising turns follow us everywhere.

Ira Sadoff

## Head Start Program Performance Measures Conceptual Framework



Source: Administration for Children and Families, United States Department of Health and Human Services, 1997.

### What are the components of a Head Start program?

Head Start takes a comprehensive approach to meeting the needs of young children. There are four major components to Head Start:

**Education:** Providing a variety of learning experiences to help children grow intellectually, socially, and emotionally.

**Health:** Providing health services such as immunizations, dental, medical, and mental health, and nutritional services, and early identification of health problems.

**Parent Involvement:** Involving parents in the planning and implementation of activities. Parents serve on policy councils and committees that make administrative decisions; participate in classes and workshops on child development; and volunteer in the program.

**Social Services:** Provide outreach to families to determine what services they need.



This is the time  
when the part of you  
that is music  
overcomes the part  
of you  
that is silence.

Andrei Codrescu

## Laughter is the best medicine

**Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.

**Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.

**Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

**Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier. [Mayoclinic.org](http://Mayoclinic.org)



### What can you do to make sure you laugh a little every day?

Cultivating a sense of humor is a proven way to change your attitude for the positive. You can put yourself in better spirits simply by smiling. Even when you don't feel like smiling, if you go through the physical motions, the muscles responsible for forming a smile on your face "tell" your brain that you feel happy, and your mood will begin to lift.

What makes you laugh?

Do you have a favorite funny movie?

Do you like to tell or hear jokes?

Do you smile and laugh when you watch small children or animals play?

"Health is wholeness and balance, an inner resilience that allows you to meet the demands of living without being overwhelmed. Health is a dynamic and temporary state of equilibrium destined to break down as conditions change, but most of the breakdowns need not be major. The point is that health is not static; it is normal to lose it periodically in order to come back to it in a better way."

Andrew Weil, M.D.



Once the herd starts moving in one direction, it's very hard to turn it, even slightly.

Dan Rather

**Almonds, Brazil nuts, Cashews,  
Hazelnuts, Macadamia nuts,  
Pecans, Pine nuts,  
Pistachios,  
Walnuts**



Hello, everyone! As you know, from time to time I send out important new health-related stories, and this is one of those times.

A new, very large study from the Imperial College of London and the Norwegian University of Science and Technology that analyzed the results of all the scientific studies on the health value of consuming nuts showed the following: Eating a handful of nuts every day may lower the risk of heart disease, cancer and premature death, quite substantially: Heart disease by nearly 30%, cancer by 15%, and premature death by 22%.

Additionally, daily nut consumption of 20 grams (again, about a handful) was associated with a reduced risk of dying from respiratory disease of about 50% and diabetes by 40%. Wow!

It didn't really matter which nuts the study participants ate - even peanuts counted. What makes the difference is the portion size and the nutritional content of nuts. They are high in magnesium, fiber, protein, antioxidants, and polyunsaturated fats that can reduce cholesterol levels. Nuts are high in calories, but because of their fiber, the evidence suggested that they were even associated with small reductions in weight. More nuts than a handful didn't provide additional benefits, though, so you may want to limit your intake to the recommended amount (and, of course, make sure pie is not attached to those pecans!)

These results rival those from pharmaceutical drugs, so this is very good news indeed. Make sure nuts are a part of your holiday table, and enjoy them every other day, as well!

Marla Parish, M.P.H.  
Director, Administrative Services

### **Main Street Head Start**

Practicing pedestrian safety on a cool spring morning with their new box car and street signs designed and painted by parents and teachers.





We don't receive  
wisdom;  
we must discover  
it for ourselves  
after a journey  
that no one can  
take for us  
or spare us.

- Proust -

Hey, folks, just another quick note. The holiday shopping period is, of course, in full swing. Please remember that, if you buy anything online on Amazon.com, you can visit a particular page of their website, click a link or two, and facilitate the donation of a small percentage of your purchase to Crossroads, **at no cost to you!**

Here's how it works (and it's the ONLY way it works): Go to [www.smile.amazon.com](http://www.smile.amazon.com) to log in, then follow the easy and quick prompts on the screen to name Crossroads YFS as the charity you want to support through your purchase. Then follow the directions to get to the page where you purchase as usual. It's easy and quick, and it really adds up! As we said, there is absolutely **no cost** or downside to you. You get the same great bargains and the same prices as anywhere else on Amazon's site. Just remember that you must visit the smile.amazon.com page to make it work.

This way, you get to purchase those bargains and also make a few bucks for Crossroads. It's a win/win! Won't you please give it a try?

Thank you for your support.

Marla Parish, M.P.H.

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*"Only when we see that we are a part of the totality of the planet, not a superior part with special privileges, can we work effectively to bring about an earth restored to wholeness." Elizabeth Watson, Quaker*

### Carrying Our Words

We travel carrying our words.  
We arrive at the ocean.  
With our words we are able to speak  
of the sounds of thunderous waves.  
We speak of how majestic it is,  
of the ocean power that gifts us songs.  
We sing of our respect  
and call it our relative.



Ofelia Zepeda,

*Translated into English from O'odham by the poet.*