



**September 2018 *September 30th will be the end of the fiscal year at CNS - with the new regulations ready to go 10/1/18.***

*September 30th is also my resignation as Program Director. For the past 26 years I have presented workshops, written management plans and budgets year after year trying to maximize the money available to provide a quality service to our providers. I have cherished our relationship. My heart has always been, and always will be in home daycare. I truly believe the children in our homes receive the love and attention that cannot be matched in any other setting.*

*I have given the CNS Board of Directors my resignation and they have accepted and named Brooke Ankersen to be the 3rd Program Director in the history of our agency—pretty good consistency if you ask me.*

*I am going to be working part-time through my LLC—Thrive Dietetics and Wellness and use some of my skills as a clinical dietitian. I hope to have more time to enjoy our 6 grandkids. I will help Brooke transition into this new role, so you may still see me doing a few visits. I am going to miss our friendships. Please indulge me for a brief trip down memory lane.*  
Jody

**CNS Staff moving forward! Change is in the air!**

**Brooke Ankersen—Program Director**

10 years experience at CNS - 12 years previous experience in childcare.

**April Seibert—Program Assistant**

April joins us after closing her home childcare in Beatrice. She has 10 years experience as a licensed provider with previous work as an office manager.

**Carrie Buchmeier—Program Assistant**

Carrie has just closed her home daycare in Johnson to join the CNS team. She has 7 years experience as a licensed provider, previous work in child care and bookkeeping.

**Renae DeWald—Claims Processor**

Renae was a home daycare provider and closed to work with CNS 12 years

**FY 2019 Final Countdown**

**The best practices listed on page 1 are in full effect—10/1/18.**

Deductions can and will be made when regulations aren't followed.

**All children need new enrollment forms dated 9/1/18.** If forms aren't complete they will be returned to you to fix.

**Labels—must be on file! Refer to the last several newsletters for clarification.** If you still have questions—call the office. Newsletters can be viewed on facebook or our web site.

**Best Practices/  
Regulations**

- ◆ **Limit Juices to 1 time daily** (whether fruit, vegetable or combination of both).
- ◆ **Select Whole Grain items.** One item each day will need to be Whole Grain Rich. Mark as WG.
- ◆ **Serve only unflavored milk.**
- ◆ **Do not Deep Fat Fry**
- ◆ **No Grain-Based Desserts**
- ◆ **Select yogurt with <23 g sugar per 6 oz.**
- ◆ **Mom's can breastfeed on site and the provider receives reimbursement.**
- ◆ **Choose Low sugar (<6 g) cereals.** Always list cereal by name brand—not "child's choice" or "cold cereal".
- ◆ **Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x week.**

**Contact CNS**

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Child Nutrition Services, NE

Child Nutrition Services



**Jody's trip down memory lane.....**

When I started at CNS I brought my adding machine from home—we only had 1 in the office.

The rates were Breakfast—80¢, Lunch—\$1.4525, Snack—43.25¢

We had <60 providers—all the mailing labels fit on 2 pages. We are now 170 strong!

We didn't own a computer. The newsletter was typed—cut and paste was really cut and paste.

We bought our first computer—had no idea what to do with it. Would read the tutorial on a slow day.

Nancy Joe and I did an amazing Halloween workshop in Fairbury and drove home in a blizzard—did not think I was going to make it! (I tried to cancel, but no one wanted to leave early—I of course had the furthest to drive).

**Tiering** - wow that was a lot of explaining!

**Congratulations to these providers—you were with CNS when I started and you are still going strong: Lori Muller and Diane Westrick of Lincoln, Marcia Dorn of Fairbury and Cheryl Palmquist of Wymore. Congratulations ladies!**

We said an early good-bye to 2 providers— Nancy Stone of York and Kathy True of Syracuse. Amazing providers—called home too soon!  
2007 We bought a color copier! Changed my world! We introduced online claiming and direct deposit!

I processed claims from a motel room in San Antonio after our son was injured in Iraq—checks went out on schedule!

My children planned weddings around our claim dates—Mom was never available until after the 10th!

We designed a web site and then re-designed it 4 years ago! We now have lots of technology—web, Facebook, Pinterest, but enjoy visiting one on one with everyone more than any other aspect of the job!

*Congratulations to all our amazing providers! You are business owners! You love and care for children, work with parents—often teaching them what to do with their new babies!*

*You dry tears, fix boo boo's, provide love and hugs, provide consistent discipline when needed and always are finding the teachable moments. All this while providing nourishing meals (and honestly and accurately recording the meals and attendance by the end of every business day) !!! **Thank-you for your friendship! Take care and love those babies!***

Jody



**September 2018 Dates to Know:**

**Saturday, September 1st—New Enrollments—due**

**Monday, September 3rd—Labor day—Holiday care form due by 8/27/18 to claim.**

**Wednesday, September 5th—Claims are Due**

**Tuesday, September 18th—Checks SHOULD BE\* mailed**

**Wednesday, September 19th Bank Transfers SHOULD BE\* complete based on information provided by:**

**The Nebraska Department of Education**

**Sunday, September 30th—last day for providers to claim who didn't get around to send in annual training!**

**Sunday, September 30th— Jody's last day as Program Director! Congratulations Brooke! You will be amazing!**