

Calendar of Events

November - January

November 11th — Veterans Day . All Head Start Centers and Corporate Offices are closed.

November 24th & 25th — Thanksgiving All Head Start Centers and Corporate Offices are closed.

December 26th — Christmas. All Head Start Centers and Corporate Offices are closed.

January 2nd—New Year's All Head Start Centers and Corporate Offices are closed

The O.C.E.A.N., Inc. Home Energy Assistance Program continues to accept applications.

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ABC Music and Me Program at O.C.E.A.N., Inc. Head Start Centers

O.C.E.A.N., Inc's classroom teachers believe in the power of music to engage the pre-school children at the O.C.E.A.N., Inc. Head Start Centers and understand the impact music can have on young children's development of language and early literacy. During the spring of 2011, the agency submitted a grant through the ABC Music and Me Charitable Gift Program (Kindermusik International) to provide what the agency and scientific research have supported for years which is to use music and musical instruction to build upon early literacy skills.

O.C.E.A.N., Inc. Head Start was awarded a grant including one year's worth of curriculum materials and on-site professional development, valued at \$15,000. The grant award included class-

room kits and home materials for the agency to establish a new music program. The new program also encourages the parents to be involved with their children at home through the use of take-home kits. With one program two priorities are met including the musical education of the child and the parent's ability to develop musical goals for themselves and their children at the home.

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Clockwise: OCC teachers Ms. Lil, Ms. Erica and Mrs. Toughill, Education Coordinator provide the musical program for the children.

Inside this Edition



Macedonia residents visit the pumpkin patch in search of the great pumpkin



John and Joan Topolski select their pumpkins at the pumpkin patch



Macedonia residents relax at the Atlantic Farms in Wall Township

Berkeley Head Start Students learn to stop, drop and roll



Paul Baumgarten and Tina Wiggins review the technique with the children

Stop, drop and roll is a simple fire safety technique taught to the O.C.E.A.N., Inc. Head Start students by Paul Baumgarten, O.C.E.A.N., Inc. Transportation Manager and a firefighter from East Dover Station 28. Primarily it is a method to extinguish a fire on a person's clothes or hair without, or in addition to, the use of conventional fire-fighting equipment. In addition to extinguishing the fire, stop, drop and roll is an effective psychological tool used particularly with children to provide a routine that can be used to focus on in order to avoid panic. ♦

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ABC Music and Me Program at O.C.E.A.N., Inc.

(Con't from page 1)

The materials included with ABC Music and Me Program help the agency teachers create a print-rich classroom environment. Each unit includes a story and song lyrics that are used to call children's attention to concepts of print. Writing activities included with each unit engage the Head Start students in independent writing and home-based writing activities to engage further in developing their awareness of print and early writing skills.

In addition to the lesson plans for the classrooms, the program provides information for even greater success with children who have special needs. The home resource units are also available in Spanish to engage Head Start families who speak Spanish as a home language.

As part of the grant award, instructors from the ABC Music and Me Program traveled from Greensboro, North Carolina to train the O.C.E.A.N., Inc. teachers utilizing a "Train-the-Trainer" concept. As a result of training, the teachers reviewed high-quality experimental studies conducted in the classroom with the students as they received their music education that focused on the impact of musical instruction on the brain.

The musical instruction on the students are examined in the following areas: Reading, Comprehension and Verbal Memory, Listening Skills, Vocabulary for English Language Learners, Phonological and Phonemic Awareness, Writing and Print awareness, impact on children with disabilities and family involvement.

"The Train-the Trainer professional development ensures longevity of the O.C.E.A.N., Inc. Head Start Music program," said Ted Gooding, O.C.E.A.N., Inc. President/CEO. "Through this concept, we were able to train our staff and self-sustain the O.C.E.A.N., Inc. Head Start Music Program into future years."

"Understanding that children learn differently, we already see our children benefiting from the music program through improvement of their gross motor skills including dance and movement for whole body learners; songs, clapping, and rhythm for musical learners; and rhymes and letter exercises for our language lovers said Donna Doherty, O.C.E.A.N., Inc. Head Start Director." ♦



O.C.E.A.N., Inc. Letters of Appreciation

Dear Todd Erickson:

I would like to extend my appreciation and gratitude for the professionalism given to me by your staff. A special thank you to Larry, who is a fine young man, courteous and gave me the utmost respect and spent the time needed to explain and answer all my questions. He is surely an asset to the company and should be as I am sure he is, recognized for his dedication.

In addition, this morning, three of your workers (Mort, Marvin and Serge) were here to start the work. Three of the nicest men, they will be welcomed to come back. Special thank you needed.

GREAT CUSTOMER SERVICE!

Mary Ann Goldner, Manahawkin, NJ

Mr. Gooding President/CEO:

The Lord Jesus Christ blesses you Mr. Gooding. I feel like I am dreaming of all the most beautiful new household linens you have bestowed upon me. From the bottom of my heart I say thank you so much and I will take good care of all those wonderful linens.

With great respect tenant Rose Marie DeLorenzo
(Emerald Terrace 1-2)

Dear O.C.E.A.N., Inc.:

I have received your notice to receive Food Stamps and receive Food benefits. I would like you to know how much I appreciate the help this fund gives me, thank you so much. I'm now homebound recovering from a stroke and having cancer removed.

Thank you again,

Sincerely Doris L. Kroczyński - Whiting

**Mr. Ted Gooding, Mr. Todd Erickson, Governor
Chris Christie**

Dear Sirs:

We were fortunate to be able to receive services from the Weatherization Program and we would just like to send a thank you.

The men who came to do the job on Monday, September 19, 2011 were also very helpful and pleasant. They did their job in a pleasant, timely and efficient manner and were very knowledgeable.

Again, we would like to express our gratitude.

Very truly yours,

Milt and Renee Gray

Egg Harbor City, N.J.

Dear Larry:

I am writing to thank you and O.C.E.A.N., Inc. for the installation of the new hot water heater. I feel so much more secure having a new one. I was beginning to feel my old one could go at any time and it would ruin my floors. The person you chose to install it was Bill and I am sorry, I do not have his last name. He was very pleasant and it looks like he did a great job of installing it in a very limited space. I would recommend him to family and friends.

Sincerely, Shirley A McGowan, Toms River, NJ

Dear O.C.E.A.N., Inc.:

Recently I received a letter stating that my wife and I would receive an additional benefit to our utility bill. We are now low-income and I am 93 and she is 89. I am writing to thank you for your help and to tell you just how much it means to us.

Yours sincerely, Harry and Catherine Kent, TR

Letters of Appreciation (Con't)

O.C.E.A.N., Inc.

Attention: Weatherization Manager

Thank you for the excellent service above and beyond expectations provided by your company in supplying and installing the weatherization inspection and replacement of recommended upgrades of insulation, drainage, lighting, refrigerator, smoke alarms, hot water heater and gas-fired central heating system.

Your employee and associate Wendell Jones was professional, expert, knowledgeable, and personable, explaining all services, changes, equipment, and

timelines. Wendell Jones is a credit to O.C.E.A.N. Inc. and your office staff is likewise a credit to your organization, as they know who I am, respond to my inquiries courteously, and treat me like a long-time friend.

O.C.E.A.N. Inc. employees are a credit to the company and its management.

Thanks again

God bless O.C.E.A.N. Inc. and all its employees.

Albert Maslar

O.C.E.A.N., Inc. Community Partner Ocean County Board of Realtors



Tuckerton Head Start Center

Community Partner Ocean County Board of Realtors visited both the Tuckerton and Berkeley Head Start Centers to assist the children in preparing their fall turkey crafts which were displayed at each center and brought home for decoration. ♦



Berkeley Head Start Center

O.C.E.A.N., Inc. Head Start Interns



Namir Laureano

Namir Laureano - I was born and raised in San Juan, Puerto Rico and moved to the United States seven years ago when I joined the United States Air Force. When I finished my contract with the Air Force, I joined the New Jersey National Guard. I enjoy the outdoors, music and being with friends as I love spending quality time with people. I have a B.S. in Advertising, from the University of Puerto Rico. While at O.C.E.A.N., Inc. as an intern, I hope to enhance my knowledge and skills as a Social Worker.



Chanie Fischl

Chanie Fischl - I am currently studying for my MSW at Adelphia University and I completed by B.A. at Touro University. I am married with one child and live in Lakewood. While working at O.C.E.A.N., Inc., I want to learn about how to conduct a session one-on-one with the parents and the students. This will assist me in my future career as a Social Worker.



Toba Wolf

Toba Wolf - I am a student intern from Capella University and I am currently obtaining my Masters Degree in Mental Health Counseling. I also have a Bachelors Degree in Psychology from Touro University. While interning at O.C.E.A.N., Inc. I hope to be able to gain experience working with the children and their families. I am looking forward to working with the great staff and families here at Head Start.

Glenn Parker - I am a senior at Rutgers University and in my spare time I enjoy spending times with friends and family. I am a very outgoing and caring individual that lives for helping people. I graduated from Pinelands Regional High School and received an Associates Degree in Liberal Arts at Ocean County College. While currently enrolled at Rutgers University in the School of Social Work, I am working towards a BASW Plan to pursue a Masters Degree at Rutgers. While at O.C.E.A.N., Inc. my goal is to become more acclimated to my professional standards while assisting the clients in ways to help improve their family units.



Glenn Parker

O.C.E.A.N., Inc. Employee Recognition at the Agency General Staff Meeting



Clockwise: O.C.E.A.N., Inc. Head Start Employees Johanna Quinones (5 Yrs) Renee Cogan (10 Yrs) and Michelle Gest (10 Yrs) received their Certificate of Appreciation at the recent General Staff Meeting.



Hispanic Month Celebration at the O.C.E.A.N., Inc. Child Development Center at Ocean County College

Ocean County College staff volunteers visited the O.C.E.A.N., Inc. Toms River Center to tell stories, read poetry and interpreted dances through Spanish translations to the Head Start Spanish population during the Hispanic Month Celebration. ♦



O.C.E.A.N., Inc. - Employee Profile

Susan Toughill, Education Coordinator

Hometown:

Pine Beach

What would surprise people about you?

I have a motorcycle license

Your first job was?

I was one of the area's first paper girls.

What is your favorite pastime?

My favorite pastime is sitting on the beach feeling the warm breeze and sun on my skin, listening to the waves wash up on shore, rubbing my feet in the sand, and watching the scenery while enjoying a cherry/lemon Italian ice.

Who is your greatest influence? Explain Why

My greatest influence was my grandmother. Her love was unconditional, full of regard, and inspired me to honor life's most important yet simple lessons.

What made you decide to follow a career in Education?

Education chose me! One afternoon, while sitting in my living room, a concerned mom displayed a picture of a sad face placed on her child's paper that said "You didn't listen" Her young child, overwhelmed with frustration, changed the face to a smile and wrote "You did listen." I could sense her child's sadness and pain with the learning process. I spent the summer tutoring her and watched her go on to be a beautiful young lady who was on the honor roll. Being given the privilege to have a small part in bringing comfort to her child and helping to ease her child's difficulties with learning was so powerful and it changed the direction of my life.

What was your all-time favorite vacation/adventure?

Sharing them all with my family!



Susan Toughill

Who is your favorite cartoon character?

Cruella DeVille – She's not a very nice lady, she could use a makeover, and she is a terrible driver, however - I love her car!

If you could change one thing in the world, what would it be?

We would all use the gifts, skills, and talents we possess to encourage, support, and enrich each other.

What other activities are you involved in?

I enjoy family activities and attending continuing education opportunities.

If you could spend one hour with your boss over lunch, what would the two of you discuss?

Dessert!!!

What do you enjoy most about your job?

Assisting teachers in growing and achieving the goals they set for their children and spending time enjoying each child and family we are privileged to service and share our everyday with.

What are you most grateful for?

Each day I'm given.

Finding a way back after difficult times.....O.C.E.A.N., Inc. Housing makes a difference in the lives of others!

In these difficult times due to the state of the economy, many individuals and families are having problems keeping their head above water. This was no exception for Na'Eem Stout, a tenant at the O.C.E.A.N., Inc. Stonehurst Condo Complex in Freehold Township, New Jersey. Prior to entering into permanent housing with O.C.E.A.N., Inc., Na'Eem was facing problems after he was hurt on his job as a subcontracted assembler. "I ended up losing everything," Na'Eem said explaining that he stayed in the Freehold Clergy Association Emergency Housing Program throughout the winter of 2009-2010 after he became homeless.

The Freehold Clergy Associations Emergency Housing Program offers shelter to those in need at very trying times in their lives. It allows participants an opportunity to re-group, to get back on track and to move toward a better place in life. By February of that same year, Stan Rosenthal, the coordinator of Freehold Clergy Association began working with Heather Matos, the O.C.E.A.N., Inc. Facilities Manager to help Na'Eem get back on his feet as both began connecting him with supportive services and permanent housing at Stonehurst.

"I've had a real good experience with O.C.E.A.N., Inc." said Na'Eem. "The agency did a lot of things for me that I did not expect to get. Heather Matos worked with me through thick and thin. She had a lot of patience and empathy and stuck by me 110% throughout the process of obtaining my apartment at Stonehurst. This program is a blessing to those who can get permanent housing through this program."

"Na'Eem is the reason this program was created," said Heather Matos. "He is an individual that fell on hard times and needed guidance and direction to get back on track. Once he was lead in the right direction and obtained a stable roof over his head, he was able to strive towards meeting his full potential. Na'Eem is taking classes to obtain his

Certified Alcohol and Drug Counselor Certification (CADC) so he may counsel others to overcome their addictions. He also regularly volunteers at his former day program at St. Peters in Freehold to give back to the people who helped him get where he is today. He has worked hard to get to this point and now the sky's the limit."

"These types of programs with supportive services are very necessary especially since no one is too far from homelessness," said Na'Eem. "You never know where you will be in the next 5-10 years. I know that people get discouraged when they see the waiting list for permanent housing but they need to stick with it and continue moving towards bettering themselves." ♦



l-r - Na'Eem Stout, a tenant at Stonehurst in Monmouth reviews housing information with Heather Matos, O.C.E.A.N., Inc. Facilities Manager.

A Variety of Activities at the Tuckerton Head Start Center

The Tuckerton Head Start Center presented their Back to School Night which was attended by many parents. During the event, staff addressed the needs of their child including their social, emotional, physical and intellectual development. During the meeting, parents arranged individual time slots to discuss their child's progress with the teachers during November.

Parents were instructed on how each room is divided into learning areas and what their child experiences as they play and learn. Staff explained the curriculum for each child covering social and life skills, setting tables, tooth brushing, science, math, large and small motor development, language and reading readiness activities. ♦



Tuckerton Head Start Back to School Parent Meeting



Tuckerton parents and volunteers assisted the Head Start Children with fall craft projects in preparation for a pumpkin hunt.



Hopscotch, the health bunny from the K. Hovnanian Children's Hospital at Jersey Shore Medical Center visited the Tuckerton Head Start children to explain the importance of exercise and healthy eating.



The Tuckerton Head Start students adopted a tree. As part of the science/environment curriculum, they are going to watch the leaves turn colors, shed leaves and then grow new leaves as the seasons change.



The Tuckerton Head Start Scarecrows were created by Ms. Sandra Cosenza, a Classroom 1 Grandparent.

Gravy 101

If fears of lumps and grease seize you at the stove each thanksgiving, make a foolproof sauce



Baste and Watch—Flavorful pan drippings from turkey are the foundation of good gravy. Baste often, adding 1/2 cup dry white wine 30 minutes into roasting the bird. Check the pan often to make sure the fats and juices aren't burning; add more liquid as needed.

Make a Simple Stock—As the turkey roasts, combine 1 turkey neck, 1 celery stalk, 1 carrot, 1/2 onion, 10 black peppercorns and a bundle of herbs in a large saucepan. Add 8 cups of water, bring to a boil and reduce heat and simmer.

Make a Slurry—Combine 1/4 cup all-purpose flour and 1 cup stock in a large jar. This mixture, called a slurry, will thicken the gravy without making it lumpy.

Shake the Slurry—Close the lid and shake vigorously until all the flour is incorporated into the stock and no lumps remain.

Separate Fat and Juices—Pour roasting-pan drippings into a fat separator. Let the fat rise above the juices, about 10 minutes to have at least one cup.

Deglaze the Pan—Meanwhile, set roasting pan across 2 burners. Pour in 1/2 cup dry white wine. Bring to a boil over medium high heat, scraping up browned bits using a wooded spoon.

Whisk—Whisk in slurry and remaining stock. Pour separated juices into pan, leaving fat behind. Bring to a boil. Cook, whisking until thickened, 12 to 13 minutes.

Finish the Gravy—Strain the gravy through a fine sifter. Season with course salt and freshly ground pepper. Makes 1 3/4 cups.