

## Site Locations and Times

### Chatham:

Tuesday and  
Thursday  
Morris Memorial,  
2<sup>nd</sup> Floor,  
Park Row  
9:30-11:30

### Copake

Monday and Friday  
Copake Community  
Center,  
Mountain View Road  
10:00-Noon

### Germantown

Monday and  
Thursday  
Reformed Church of  
Germantown,  
20 Church Avenue  
9:30-11:30

### North

#### Chatham

Wednesday  
Methodist Church,  
Route 203  
10:00- Noon

## Board of Directors:

**President:** Meg Everett

**Vice President:** Lorraine Warner

**Treasurer:** April Mountain

**Secretary:** Dana Rosenstreich

Jessica Brooks  
Ivy Cote  
Nancy Cuddihy  
Lou Sotherden  
Emilia Teasdale

**Director:** Bethany St. Dennis

Phone: (518) 392-3911  
[www.familyresourcecenterscc.org](http://www.familyresourcecenterscc.org)

## Family Resource Centers 39<sup>th</sup> Season Opens in October

Family Resource Centers will open all of its sites beginning in October. We are especially excited to begin anew this season after record attendance at many of our sites last year. The 2009-10 season promises to be even better. With another grant from the Rheinstrom Hill Community Foundation, our sites in Chatham and North Chatham will remain open through the month of June 2010! We are also looking forward to offering parent education workshops, special events and special programs for our pre-schoolers throughout the year. Keep an eye out for our special e-mail announcements on events and workshops throughout the year.

As always FRC's success is possible only through family and community support. We are committed to keeping our programs free and accessible to all throughout Columbia County. Our Annual Appeal takes place next month. Won't you consider supporting us this year? All contributions are tax deductible and essential to keeping us in the community!

## FRC Website

If you're not already reading this newsletter on-line, check out FRC's web-site at [familyresourcecenterscc.org](http://familyresourcecenterscc.org) and sign-up to receive our newsletter, workshop and event notices electronically!

Do you have a resource like a great school or pediatrician that you would like to share with the rest of our community? Post it on our web-site for others to see.

## FRC Salutes our Community Supporters!

Two important October dates for your calendar! A portion of the funds raised from these events will be donated to FRC!

Saturday, October 26<sup>th</sup>, Mary E. Dardess Elementary School, PTA sponsored Wellness Fair. 11:00 a.m. – 3:00 p.m. Join a chili cook off, bring the kids and participate in a fun variety of health focused activities for kids and adults. Location: Mary E. Dardess Elementary School, Chatham. For more information contact:

October 2<sup>nd</sup>, 3<sup>rd</sup> 4<sup>th</sup>, O! Baby Children's Consignment Sale, Chatham Fairgrounds, Chatham. This huge sale will offer high quality kid, teen and baby gear and clothing. For all items purchased with a BLUE TAG, proceeds will be donated to FRC. Visit [www.obabysale.com](http://www.obabysale.com) for times and details.

## 2009 H1N1 Flu --- Swine Flu and You!

FRC has considered carefully the potential impact of the Swine Flu on our Centers. We are committed to maintaining safe and sanitary conditions at our sites and remind everyone to check in with the CDC website [www.cdc.gov](http://www.cdc.gov) for guidelines on immunizations and prevention.

In keeping with CDC guidelines we fully embrace the following prevention measures:  
Cover your nose and mouth with tissue when you cough or sneeze.  
Wash your hands with soap and water. If soap and water are not immediately available use an alcohol based hand rub.  
Avoid touching your eyes, nose or mouth.  
If you are sick with flu-like illness, CDC RECOMMENDS YOU STAY HOME FOR AT LEAST 24 HOURS AFTER YOUR FEVER IS GONE.

If a school district closes due to an outbreak, the FRC Site located in that district will close as well.

## Columbia Land Conservancy Programs for Toddlers and Pre-Schoolers

Back by popular demand, the Columbia Land Conservancy will present an interactive, hands on program on Fall Leaves. Locations and times are:

**October 19<sup>th</sup> in Copake 10:00 a.m.**

**October 22<sup>nd</sup> in Chatham 10:00 a.m.**

**November 5<sup>th</sup> in Germantown 10:00 a.m.**

As always, the programs are free and open to all. *Thank you CLC!*

## Hikes with Kids — Fridays Fall 2009

Join FRC Board Member Meg Everett this Fall for a series of short child-friendly hikes in Columbia County for parents, caregivers and their young children. We'll explore the Powell preserve in Old Chatham, Greenport Conservation Area, Schor Preserve and more. Bring snacks or lunch, water, a sense of adventure and some patience! Hikes will be on **Fridays from 10:00 a.m. to Noon September 25<sup>th</sup>, October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and November 6<sup>th</sup>**. Contact Meg at 794-6252 or [oldchatdm@fairpoint.net](mailto:oldchatdm@fairpoint.net) for details or further information.