



EARLY LEARNING RESOURCE CENTER



OFFICE OF CHILD DEVELOPMENT AND EARLY LEARNING

350 Main Street
Latrobe, PA 15650
Phone: 724-836-4580
Toll-Free: 1-800-548-2741
Phones Answered:
Monday-Friday 8:30 AM-5:00PM
Fax: 724-836-5415
Email: ELRCRegion4@PA.GOV
Website: www.elrc4kids.com
Office Open for Walk-ins:
9:00 AM—3:00 PM



Winter 2024

INSIDE THIS ISSUE:	
STRENGTHENING BUSINESS PRACTICES	2
ON BOARDING FOR KEEPS	3
CHILDREN'S DENTAL HEALTH	4
LIHEAP ENGLISH	5-6
LIHEAP SPANISH	7-8



PA NAVIGATE
linking patients to community resources

In January 2024, Pennsylvania launched PA Navigate, a new website to connect residents to resources for basic needs. It's purpose is to bridge the gap between health care systems and social service organizations.

For more information visit
<https://pa-navigate.org>

ENERGY CONSERVATION KIT PROGRAM

Residential customers of Met-Ed, Penelec, Penn Power, and West Penn Power are now eligible to receive an energy conservation kit. **There is no additional cost for this kit.** The kit includes LED light bulbs, LED night-lights, a furnace filter whistle and other valuable components. *Limit one energy efficiency kit per residential account.*

To receive your kit, visit <https://energykitpa.energysavepa.com>

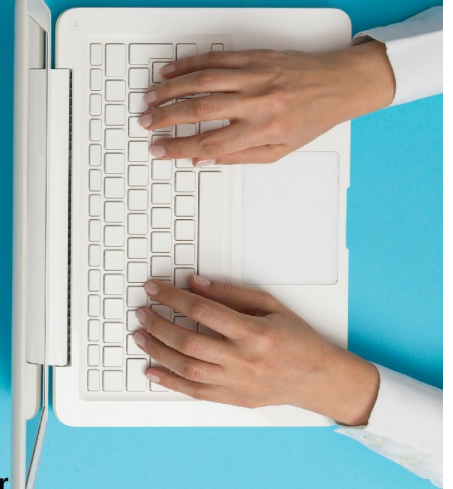
and complete the required fields.

You will need to provide your 12 digit account number, which can be found on the upper right hand corner of your electric bill.



Strengthening Business Practices for Child Care Programs

Spring 2024



Training available at no cost. PQAS hours available.
Please select and attend one date per Module that makes sense for your program type (center or family). The following courses are offered in English.

Center-Based Modules

Module 1: Budgets, Projections, and Planning

[June 5, 2024. 1-3 pm](#)

Module 2: Financial Reports and Internal Controls

[June 12, 2024. 1-3 pm](#)

Module 3: Marketing Your Program

[June 19, 2024. 12:30-3:30 pm](#)

Module 4: Recruiting and Retaining Staff

[June 26, 2024. 12:30-3:30 pm](#)

Family-Based Modules

Module 1: Budgets, Projections, and Planning, Family-Based

- [February 21, 2024. 6-8 pm](#)
- [April 13, 2024. 9-11 am](#)

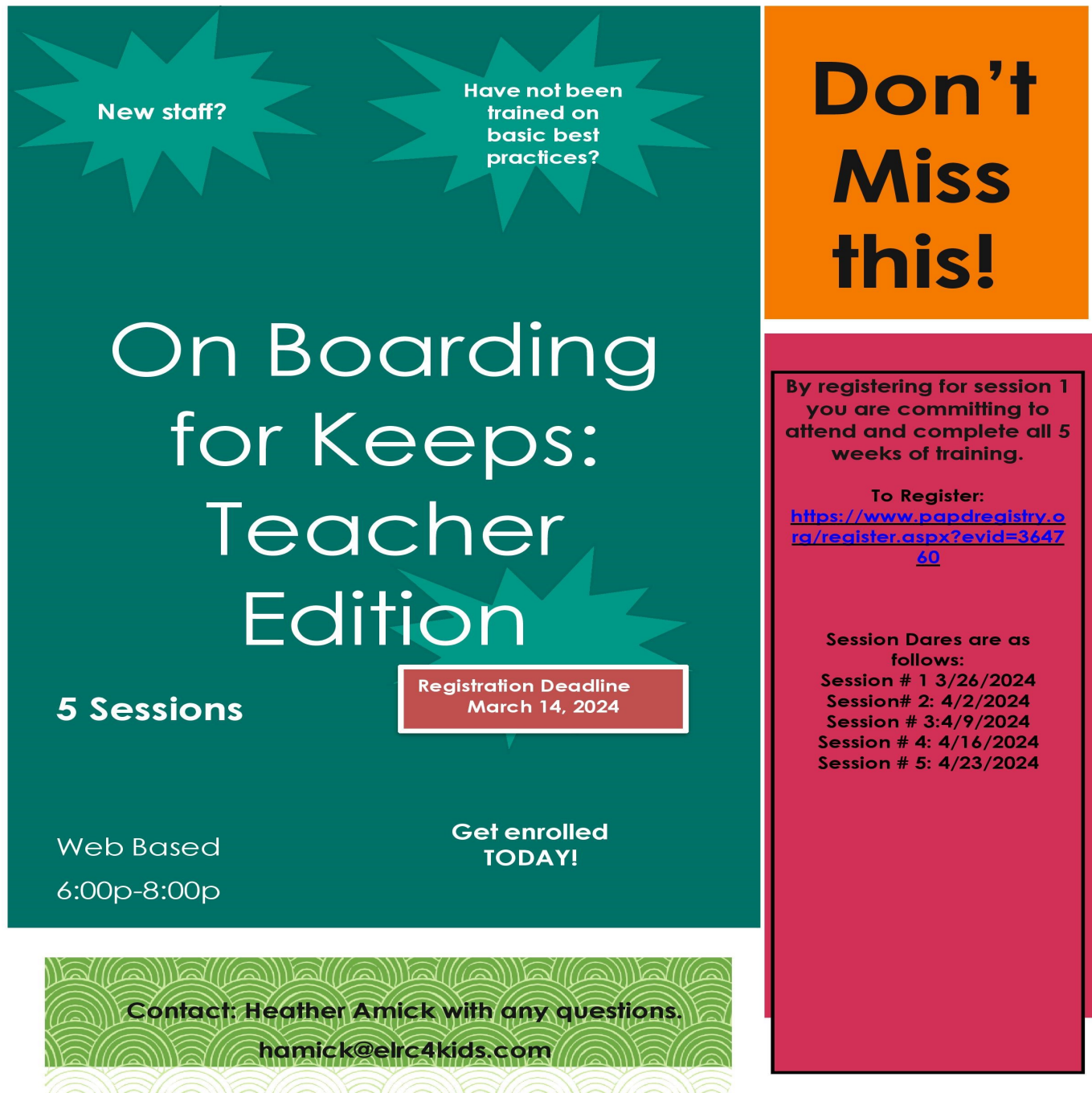
Module 2: Financial Reports and Internal Controls, Family-Based

- [March 6, 2024. 6-8 pm](#)
- [April 27, 2024. 9-11 am](#)

Module 3: Marketing Your Program, Family-Based

- [March 20, 2024. 6-8 pm](#)
- [May 11, 2024. 9-11 am](#)





New staff?

Have not been trained on basic best practices?

On Boarding for Keeps: Teacher Edition

5 Sessions

Registration Deadline
March 14, 2024

Web Based
6:00p-8:00p

Get enrolled TODAY!

Don't Miss this!

By registering for session 1 you are committing to attend and complete all 5 weeks of training.

To Register:
<https://www.papdregistry.org/register.aspx?evid=364760>

Session Dates are as follows:
 Session # 1 3/26/2024
 Session# 2: 4/2/2024
 Session # 3:4/9/2024
 Session # 4: 4/16/2024
 Session # 5: 4/23/2024

Contact: Heather Amick with any questions.
hamick@elrc4kids.com

Great news! The training series called

Staff: On Boarding for Keeps-Teacher Edition is a 5 Week series starting on 3/26/2024

By registering for the first week, you are committing to attend all 5 weeks.

<https://www.papdregistry.org/register.asap?evid=364760>



Good oral health is an important part of your child's overall health.

Practice these 4 tips for a bright and healthy smile

1

Brush with fluoride toothpaste 2 minutes, 2 times a day

- ✦ For children two and over, use a pea-sized amount of toothpaste and a soft-bristled toothbrush
- ✦ Brush top and bottom, inside and out and don't forget to brush the tongue!
- ✦ Change the toothbrush every 3 months
- ✦ Turn off the faucet while brushing and save up to 64 glasses of water each time you brush



2

Limit sweet and sticky snacks to avoid plaque attacks

- ✦ Sweet and sticky foods produce plaque acids that cause tooth decay
- ✦ Encourage healthy snacking such as fruit or a low sugar yogurt
- ✦ Encourage drinking plain water instead of sugary juices and sodas



3

Visit the dental office regularly

- ✦ Visit a dental professional every 6 months
- ✦ The dental professional will clean, polish and apply fluoride to your child's teeth
- ✦ Ask questions and discuss tips for your child to practice good oral health at home



4

Once teeth are touching, floss your child's teeth once a day to remove plaque

- ✦ Use regular floss or floss pick
- ✦ Have fun by helping your child count his/her teeth while flossing



February is Dental Health Month

2023-2024 LIHEAP Fact Sheet

Opens November 1, 2023

Closes April 5, 2024

Apply: 1-866-857-7095

<https://www.compass.state.pa.us>

Cash Grants

A cash grant provides grant assistance to help pay home heating costs.

Grant Amount: \$300 - \$1,000

Eligibility:

- Income at or below 150% of the Federal Poverty Level (see chart)
- Responsible for primary or supplemental heat*
- Includes renters who pay for heat as part of rent, even if they do not have a utility account
- Pennsylvania resident**

Crisis Grants

A crisis grant provides emergency grant assistance to restore utility service, stop a shutoff, or assist a household that is almost out of fuel.

Grant Amount: \$25 - \$1,000

Eligibility:

- Income at or below 150% of the Federal Poverty Level (see chart)
- Responsible for primary, secondary, or supplemental heat*
- Home heating emergency: At risk of shut off, already off, or fuel that will last 15 days or less
- Grant must be sufficient to stop the shut off, reconnect service, or get a fuel delivery
- Pennsylvania resident**

Emergency Heating System Repair

Provides emergency furnace repair or replacement, and other weatherization and energy efficiency measures to help reduce energy usage and improve home safety and comfort.

Eligibility:

- Income at or below 150% of the Federal Poverty Level (see chart)
- Responsible for the main source of heat
- Tenants may apply, but landlord permission may be required
- Pennsylvania resident**

Household Income Limits (2023)

Household Size	150% FPL
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420

Each additional person add: \$7,710

Additional information about income exclusions on Page 2.

2023-2024 LIHEAP Fact Sheet

Opens November 1, 2023
Closes April 5, 2024

Apply: 1-866-857-7095
<https://www.compass.state.pa.us>

Income Exclusions

Certain income is not considered when calculating household income (see chart on Page 1) to determine LIHEAP eligibility, including but not limited to:

- SNAP benefits
- Medicare premiums deducted from social security benefit payments
- Wage earnings of a dependent child under age 18
- Income tax refunds
- Cash or in-kind assistance with heating costs provided by private or public agencies or utility companies.

For a full list of income exclusions for the purposes of determining LIHEAP eligibility, see Section 601.84 of the 23-24 LIHEAP State Plan.

***Is your heating responsibility Primary, Secondary, or Supplemental?**

- Primary heat is the type of energy used most by the applicant.
- Secondary heat is the type of energy used to operate the primary heat source. For example, needing and using electricity to operate a gas furnace.
- Supplemental heat is the source of energy that a household uses to provide additional heat. For example, using electric space heaters because a gas furnace does not work. If the household uses their supplemental heat source the most, you have a home heating responsibility.

****Certain non-citizens or mixed immigration status families are eligible. Income from all individuals in the household, regardless of immigration status, is counted. To count towards household size, individuals must provide documentation of lawfully admitted non-citizen status.**

The Pennsylvania Utility Law Project (PULP) provides information, assistance, and advice about residential utility and energy matters affecting low income consumers across Pennsylvania.

Contact for Advocates: pulp@pautilitylawproject.org

Contact for Low Income Clients:

utilityhotline@pautilitylawproject.org or 1-844-645-2500



Folleto de LIHEAP de 2023 - 2024

Se abre: 1 de noviembre de 2023

Se cierra: 5 de abril de 2024

Aplicar: 1-866-857-7095

<https://www.compass.state.pa.us>

Ayuda con el pago de sus cuentas

Asistencia de subvención para ayudar a pagar los costos de calefacción del hogar.

La cantidad del subsidio: \$300 - \$1,000

Elegibilidad:

- Ingresos al 150% o menos del índice Federal de Pobreza (vea la tabla)
- Responsable de la calefacción primaria o suplementaria*
- Incluye inquilinos que pagan calefacción como parte del alquiler, incluso si no tienen una cuenta con servicio de calefacción
- Residente de Pensilvania**

Reparación de emergencia del sistema de calefacción

Proporciona reparación o reemplazo de hornos de emergencia, y otras medidas de climatización y eficiencia energética para ayudar a reducir el uso de energía y mejorar la seguridad y comodidad del hogar.

Elegibilidad:

- Ingresos al 150% o menos del índice Federal de Pobreza (vea la tabla)
- Responsable de la fuente de calefacción primaria
- Los inquilinos pueden solicitar, pero el permiso del propietario puede ser requerido
- Residente de Pensilvania**

Ayuda en caso de crisis de energía

Una subvención de crisis proporciona asistencia de emergencia para restablecer el servicio, detener un desconexión, o ayudar a un hogar que está casi sin combustible.

La cantidad del subsidio: \$25 - \$1,000

Elegibilidad:

- Ingresos al 150% o menos del índice Federal de Pobreza (vea la tabla)
- Responsable de la calefacción primario, secundario o suplementario*
- Crisis de energía: En riesgo de desconexión, ya desconectado, o 15 días o menos de combustible
- Subvención debe ser suficiente para detener la desconexión, reconectar el servicio, u obtener una entrega de combustible
- Residente de Pensilvania**

Límites de ingresos de los hogares (2023)

Tamaño del hogar	150% FPL
1	\$21,870
2	\$29,580
3	\$37,290
4	\$45,000
5	\$52,710
6	\$60,420

Cada persona adicional añadir: \$7,710

Información adicional sobre las exclusiones de ingresos en la página 2.

Folleto de LIHEAP de 2023 - 2024

Se abre: 1 de noviembre de 2023

Se cierra: 5 de abril de 2024

Aplicar: 1-866-857-7095

<https://www.compass.state.pa.us>

Exclusiones de ingresos

Ciertos ingresos no se consideran al calcular los ingresos del hogar (vea la tabla en la página 1) para determinar la elegibilidad de LIHEAP, que incluyen, entre otros:

- Beneficios de SNAP
- Primas de Medicare deducidas de los pagos de beneficios del seguro social
- Ingresos salariales de un hijo dependiente menor de 18 años
- Reembolso de impuestos
- Asistencia en efectivo para los costos de calefacción proporcionada por agencias privadas o públicas o compañías de utilidad

Para obtener una lista completa de las exclusiones de ingresos con el fin de determinar la elegibilidad de LIHEAP, consulte la Sección 601.84 del 23-24 LIHEAP State Plan.

*¿Tienes la responsabilidad de su fuente principal, secundaria, o suplementaria de calefacción?

- El calor principal es el tipo de energía más utilizada por el solicitante.
- El calor secundario es el tipo de energía utilizada para hacer funcionar la fuente de calor primaria. Por ejemplo, necesitar y usar electricidad para operar un horno de gas.
- El calor suplementario es la fuente de energía que utiliza un hogar para proporcionar calor adicional. Por ejemplo, usar calefactores eléctricos porque un horno de gas no funciona. Si el hogar utiliza más su fuente de calor suplementaria, usted tiene la responsabilidad de calentar el hogar.

****Ciertas familias que no son ciudadanos o que tienen un estatus migratorio mixto son elegibles. DHS cuentan los ingresos de todas las personas en el hogar, independientemente de su estatus migratorio. Para contar para el tamaño del hogar, las personas deben proporcionar documentación de su elegibilidad para beneficios de inmigración.**

The Pennsylvania Utility Law Project (PULP) proporciona información, asistencia y asesoramiento sobre asuntos de servicios de utilidades residenciales y energía que afectan a los consumidores de bajos ingresos en todo Pensilvania.

Contacto para defensores o abogados: pulp@pautilitylawproject.org

Contacto para clientes de bajos ingresos:

utilityhotline@pautilitylawproject.org or 1-844-645-2500

