



## Did you know there are no more naps in kindergarten?

Kindergarten is much more rigorous than most of us can remember, and children need so many more tools in their toolbox to be

successful in school. Children not only need academic skills like being able to identify the letters in their name and recognize and write numbers, but they also need the fine gross motor skills to hold a pencil, hold scissors, open a milk carton, hold a lunch tray, and button their clothes.

There are also a whole set of other skills that are much harder to teach and test - the social and emotional skills. Can a child calm themselves down when they are upset, how does a child handle transition from classrooms to specials, can the child play well with others, and can the child go to the bathroom on their own? In kindergarten, this might look like the teacher checking in, face to face with each child daily, teaching children to stop and take a deep breath when they are feeling really frustrated, or children learning about kindness and respect and how to be a good friend. As children get older, these important learning opportunities evolve into the “soft skills” so many employers are looking for today.

## Roughly 80% of Henderson County's children have never been in a licensed child care center or family child care home.

Some of these children stay home with work-at-home parents and are exposed to experiences that teach motor skills, literacy, and math topics, but for many families, the need to work, coupled with the lack of available and affordable child care slots, and lack of dependable transportation leave children in potentially unsafe situations. For these children, kindergarten might be the first time they are asked to sit in a desk chair, raise their hands, hold a pencil a certain way, or sort items.

Our Parents as Teachers (PAT) program is an evidence-based program that empowers parents to be their child's first and best teachers. Fifty-five percent of children currently enrolled in PAT are not enrolled in a licensed care or preschool program and Parents as Teachers is the only early childhood intervention they are receiving. Our parent educators help parents understand what to expect at each stage of development so parents can use teachable moments every day to enhance their child's intellectual growth, language, social-emotional development, and social skills.

## We are so excited about bringing Parents as Teachers on the new GLO Mobile to support kindergarten readiness!

We will use the evidence-based curriculum to support children's caregivers — whether parent, kinship provider, neighbor, or family friend--by providing them with rich learning materials and guidance regarding the age-appropriate activities and enrichment experiences for the children in their care. Often people are piecing together child care and the people responsible for watching their children do not have the means to purchase age-appropriate materials or have an understanding of developmental milestones and high-quality learning experiences. The GLO Mobile will bring these things to people in their neighborhoods to support these families in a new and positive way. We are also empowering caregivers and parents to learn how they can be their child's first and best teacher.

## Children from low-income families hear 30 million fewer words by age 3, placing them at an instant disadvantage when they begin kindergarten as compared to more affluent peers.

In Henderson County, 17% of children live in poverty and more than half of our children qualify for the free-and-reduced meals program. Data from Parents as Teachers National shows that participants in the Parents as Teachers program with very low income were more likely to read aloud to their children and to tell stories, say nursery rhymes, and sing with their children, and over 75% of parents reported taking their child to the library regularly and modeling the enjoyment of reading and writing. Parents also were more involved in their children's school with 63% of Parents as Teachers parents surveyed (versus 37% of non-Parents as Teachers parents) requesting parent teacher conferences.

## The GLO Mobile provides us with an opportunity to increase our outreach to children and families and expand our programming to meet families where they are to mitigate risk factors for things like child abuse and neglect and narrow the opportunity gap for low-income families.

We are taking a community-wide, holistic approach to kindergarten readiness and the health and safety of our community's children by meeting families where they live so their children get the healthy start they deserve, and they can start kindergarten ready to learn.

With gratitude,



Executive Director



**Since 1999, the Center has served 18,107 local children.**  
**Our programs have helped 7,604 Early Childhood Educators, 3,199 parents, and 1,663 family units.**



CFRC Board & Staff participated in United Way's Day of Action by cleaning doors, windows, and flower beds at Flat Rock Middle School.  
(LtoR, Pamela Peak, Jamie Wiener, Emily Vickerman, Jessica Knox, Jimmie Lynn Whitmire, Linda Block, and Terrell Brown)

We are thrilled to announce **Pamela Peak** as our new **Healthy Opportunities Billing Specialist**.



Pamela comes to us with a long administrative professional career, a certificate in accounting, and a bachelor’s degree in Human Services. Pamela has already been a part of the CFRC family serving on

our Adolescent Parenting Program Advisory Council for many years and we are so excited to have Pamela’s knowledge and expertise on staff now!

*Nurturing the development of children by building a strong foundation of family and community.*



**Welcome New Board Members**  
**Children & Family Resource Center announces the appointment of five new members to its Board of Directors for 2022-2023 fiscal year.**

Joining the Board are Lisa Cadiz, Sam Henry, Caitlin Lindsey, Andy Weymouth, and Jimmie Lynn Whitmire. “Our newest Board members embody the spirit of community and bring talent, expertise and energy to the table. We are very fortunate to have them by our side as we continue to serve our community,” said Jamie Wiener, Executive Director.

**Lisa Cadiz** has a BA degree in Education from Goucher College and an MBA in Business Management from Johns Hopkins University. Lisa has resided and worked in 5 countries. Her professional career has included analyzing grant requests from major non-profits while at Levi Strauss Asia Pacific; teaching and coordinating special projects while at Beacon International School; and leading the admissions department for programs at Michigan State University Middle East Campus. Lisa has volunteered for many causes including Society Against Family Violence; she has offered breastfeeding support/equipment to new parents; conducted outings with her therapy dog via Therapy Dogs International; and has served on a variety of other committees.

**Sam Henry** was born and raised in Dallas, TX and graduated with BA in Economics at Hampden-Sydney College in Virginia. After living in Colorado for four years, he moved to Asheville in 1999. He joined the teaching ranks as lateral entry and has earned his Master’s in Education from Gardner-Webb University and Administration Certificate from Western Carolina University. Sam just completed his 22nd year as an educator for Henderson County Public Schools. His two children make him laugh every day. Sam enjoys hiking, biking, running, camping, and traveling. He has been blessed to go on some amazing adventures and looks forward to many more.

**Caitlin Lindsey** has lived in North Carolina for the past 5 years, though she has called the Carolinas home for more than a decade. Caitlin was born and raised in the Florida panhandle and found her way to the University of South Carolina after high school. As a student, she landed a circulation job at the USC Music Library, which rekindled her love for libraries and set her on the path toward earning her Master’s in Library and Information Science. Caitlin has held youth services positions at the Greenwood County Library System (SC), the McDowell County Public Library (NC), and has found a home as the Youth Services Coordinator at the Henderson County Public Library. When not at work, Caitlin likes to craft, read good books, and enjoy mountain life with her family.



**Have you heard about the GLO MOBILE? Coming Soon!**

Pamela is also excited to be a part of the CFRC team, “Children & Family Resource Center, and especially the Adolescent Parenting Program, have played such a significant role in my life. I am thankful for all the services that have been provided to my family and I throughout the years. I am also thankful to now be directly involved with CFRC and give back to the programs and my community in every way possible. I don’t know where I would be today if hadn’t joined the Adolescent Parenting Program 18 years ago!”

Welcome Pamela!

**CFRC Quarterly**  
**Fall 2022**



**Andrew Weymouth** is the General Manager at Hajoca, plumbing supply and kitchen and bath showroom in Hendersonville. He holds a B.B.A. from James Madison University and is originally from Norfolk, Virginia but moved to Western North Carolina in 2007. He is the proud parent of three girls: 14, 12, and 10 years old. He has previously served on the boards at Housing Assistance, Henderson County Partnership for Economic Development, and the Hendersonville Elementary School PTO.

**Jimmie Lynn Whitmire** recently retired after 46 years as a dental hygienist. She has volunteered with The Free Clinics Dental Division and in Henderson County Public Schools. Jimmie Lynn most recently completed six years of board service to the Henderson County Education Foundation. She is also a former 1st Grade Sunday School teacher, PTO Officer, and served on the PTO Parent Advisory Council. Her family has deep roots in the Henderson County Public School System. Her husband is recently deceased, and she has one son and daughter-in-law and two granddaughters.

**Each of these board members brings a diverse set of experiences and passion for children and families to the CFRC Board.**

**Children & Family Resource Center’s 2022-23 board leadership consists of Beth Ann Lehr, President; Jessica Knox, Vice President; Frank Merritt, Treasurer, Emily Russell, Secretary, and Susan Thomas, Past-President.**

The Social Presents

# Spirits of Giving

October 20th, 2022  
6pm  
Kennure Country Club

Tickets: \$150

Bourbon, craft beer & wine tastings,  
silent auction, open bar & dinner

Text **THESOGIAL2022** to **44321**  
for tickets

Benefitting Children & Family Resource Center