

A CareGiver Network

A Caregiver Network is a nonprofit member organization founded for the purpose of offering support and training to all childcare professionals. Our membership is comprised of family home childcare providers, center owners/employees, nannies, parents and advocates. We believe that both a strong support foundation and continuing education lead to the development of Quality Child Care Professionals.

Volume 1, Issue 1

September/October 2004

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President's Message

Dear Members,

Well fall is here and we are back to school again. I hope you all are refreshed and ready to face the new school year. Remember to count your blessings and hug your kids because they grow up soooo fast.

Mary



Elections

Candidate Biographies

Please see page 5 to find out who's running for an office on the Board of Directors and a little about them.

Ballots

Look for your ballot in the mail. It should come right about the time you receive this newsletter.

*** Please note there is a name misspelling on the ballot. If you vote for Linda Killeean, you will be voting for Linda Killian.

Board Vacancies

The Education Coordinator position is available and on the ballot. If you're interested or know of anyone who would be good at the position, please write them in. Tonie has confirmed workshops through March of 2005.

The Fundraising Coordinator position is also available. Most of our fundraising is done through conferences and the following classes: CPR/First Aid, Medication Administration, Universal Precautions, online courses,

and Family Childcare Prelicensing. We simply need someone to help answer prospective student's questions, mail out and update the registration form as needed.

Write in Candidate

Tonie Rutledge would like to run for Education Coordinator.



Telephone & Email Contact Page

R.S.V.P.
to the
Member
Appreciation
Dinner
p. 6

Executive Board Members

President, **Mary I.** 303-699-2681
 Vice President, **Jonnie A.** 303-693-7196
 CAFCC State Representatives:
Linda K. 303-680-5711
Tonie R. 303-766-8811
 Acting Education Coordinator, **Tonie R.**
 Fundraising Coordinator, position open
 Membership, **Jay S.** 303-690-8267
 Newsletter Editor, drhods@comcast.net
Dawn R. 303-690-7684
 Referral Coord. mariaconrad@comcast.net
Maria C. 303-690-5836
 Secretary, **Sandy C.** 303-838-2184
 Spanish Referrals, **Alma** 303-344-9596
 Treasurer, **Karen G.** 303-368-8945

Committee Positions:

CPR/First Aid, **Jay S.** 303-690-8267
 Fieldtrips/Events, **Mary** 303-699-2681
 Lending Librarian:
 Publications, **Dawn** 303-690-7684
 Toys & Equipment, **Terri** 303-322-5222
 Medication Course, **Maria** 303-690-5836
 Phone Tree, **Tonie** 303-766-8811
 Universal Prec., **Dawn** 303-690-7684

Human Services, Division of Childcare:

Main Number 303-866-5958
 Oxana Golden 303-866-5943
 Dana Andrews 303-866-5946
 Susan Conley 303-866-5941
 Arapahoe County Main # 303-636-1100
 Arapahoe County Crisis # 303-636-1750

Licensing Specialists: Front Range

Main Number 303-352-3330
 Fax Line 303-352-3334
 Director of Licensing, Rosemarie Allen
 303-352-3331
 Assistant Director, Janet Campbell
 303-352-3332

Caseworkers: Front Range

Trisha Swinton 303-556-3313
 80010, 11, 12, 13, 14, 80111 & 80222
Kathi Wagoner 303-352-3312
 80015, 17, 18, 80110 112, 120, 121, 122,
 123

Denver Child Care Licensing:

Main Number 303-285-4075

Food Programs:

A Child's Choice 303-693-4467
 Child Care Sponsors 303-745-1358
 Kid's Nutrition 303-987-4852
 Wildwood 303-730-0460

County Referrals:

A CareGiver Network 720-870-1161
 Adams 303-451-1061
 Arapahoe 303-246-5146
 Boulder 303-494-0404
 Broomfield 303-460-9490
 Denver 303-750-1062
 North Denver 303-371-7650
 Douglas/Elbert 303-841-7718
 Jefferson 303-968-8772
 Longmont 303-651-1539
 Lafayette 303-828-4617

Resource Agencies:

Corra, www.corra.org 303-290-9088
 Metro Denver R&R 303-969-9666
 Families First 303-745-0327
 Family Support Line: 303-695-7996
 Family Resources 303-969-9500
 Care Connection 303-604-0030
 Colo. Childcare Assoc. 303-860-7174
 CAFCC 303-450-7297
www.coloradochildcare.com
 CAEYC, 303-791-2772
www.coloradoaeyc.org

Education: Continuing Educa-

tion 303-690-7684
 CPR/First Aid 303-690-8267
 Hurried Provider Training Solutions
Mary Ingleby 303-699-2681
 Medication Course 303-690-5836
 OnlineCourses www.caregovernetwork.org

Miscellaneous

Colorado Department of Health
 Immunization cards 303-692-2650
 CCA, ECE Resource Ctr 303-340-7053



Infant and Toddler Feeding Guidelines

When are nutrients needed from complementary foods?

Breast milk and/or formula provide what most children need the first 6 months and significant, but varying amounts thereafter.

What nutrients are needed from complementary foods?

After 6 months, most breast fed infants need complementary foods to meet current recommendations for energy to include manganese, iron, fluoride, vitamin D, vitamin B6, niacin, zinc, vitamin E, magnesium, phosphorus, biotin and thiamin. Amounts of energy and nutrients needed from complementary feeds will vary if the child is on milk or formula. At 12 months of age, all infants will need complementary foods for exposure to flavors and textures as well as to master eating skills.

When is renal function sufficiently mature to allow introduction of complementary foods?

Despite some renal immaturity, most babies have no problems maintaining water balance even if feedings provide a relatively high potential renal solute load. However, during acute illness, when fluid intake may be limited and water losses considerable (e.g. fever, diarrhea, emesis, and elevated environmental temperatures), poor diets may lead more rapidly to dehydration.

What are infants' and toddlers' nutrient requirements?

The Dietary Reference Intakes (RDA and AI) provide recommendations for nutrient intakes for healthy individuals and populations including infants and toddlers. However, these are estimates only. It is important to monitor growth and development.

What is the evidence that specific nutrients require special emphasis in the diets of infants and toddlers?

National nutrition monitoring in the United States of biochemical indicators of nutritional status of infants and toddlers suggests that iron needs special emphasis, the prevalence of deficiency being highest among children less than

2 years of age. Complementary foods such as meats and fortified cereals contribute significant amounts of iron helps prevent deficiency. Rickets, due to vitamin D deficiency, has been observed recently in dark-skinned breast fed infants and other infants without adequate sun exposure. Intakes of the essential fatty acids may require emphasis once breast milk or formula is replaced with cows milk.

What foods should be avoided to reduce food allergy risk?

Infants with a strong family history of food allergy should be breast fed for as long as possible and should not receive complementary foods until 6 months of age. The introduction of the major food allergens such as eggs, milk, wheat, soy, peanuts, tree nuts, fish and shellfish should be delayed until well after the first year of life. Caregivers are advised to introduce new foods one at a time and to watch for adverse reactions. Recommendations range from 2 days to a week. One new food every 2 to 4 days seems reasonable.

How can parents and caregivers help children accept a wider variety of foods?

While no specific strategies to address picky eating have been shown to be effective, some general feeding guidelines apply:

- ◇ Be patient; occasional picky eating can be a normal stage of development.
- ◇ Provide multiple and varied options of new and familiar foods and allow the toddler to choose which and how much they will eat.
- ◇ Offer foods again and again to enhance acceptance.
- ◇ If a particular food is rejected, move on and try it again later; avoid forcing toddlers to eat or finish foods.
- ◇ Since picky eating or food jags may result in inadequate growth or nutrient inadequacy, growth or nutrient status should be monitored.
- ◇ Growth also should be monitored more frequently if a "food jag" persists.

**Source: The Journal of the American Dietetic Association, Vol. 104(3), Butte N, Cobb K, Dwyer J, Graney L, Heird W, Rickard K: The Start Healthy Feeding Guidelines for Infants and Toddlers, pages 442-54, copyright 2004.*



Educational & Networking Meetings



Operation
Undercover
is back!!!
Donate now
packaged
underwear on
September
16th.

More Training Opportunities

Page 9:
Preschool
Planning Club

Page 12:
Online Training
Courses

Flyer Insert:
Hurried Provider
Training Series
Mini-Conference

September 9, 2004, 7:00 p.m.

Wellness Showcase

Topic: An Educational, Hands-on experience about prevention, wellness and feeling great. (light snack will be provided)

Location: Linda Killian's home, 19053 E. Stanford Drive, Aurora, Co 80015

R.S.V.P to: Linda at 303-680-5711

Credit: 1hour credit

Description: For caregivers, that means providing a healthy environment that will decrease the chance of the children and the provider getting sick. With the flu season just around the corner, this is information that the Child Care industry will find very useful. I hope to see you there.

September 16, 2004, 7:00 p.m.

Location: Aurora Fire Station #11

2291 S. Joliet Way, between Peoria & Havana on Iliff

Topic: How to Protect Yourself from Legal Issues

Speaker: DeDee Donnell

Credit: 1 hr in Professionalism

Oct 21, 2004, 7:00 p.m.

Location: Aurora Fire Station #11

2291 S. Joliet Way, between Peoria & Havana on Iliff

Topic: Holiday Goodies

Speaker: Wendie Mankie with Wildwood Adult & Child Food Program

Credit: 1 hr in Nutrition

November 18, 2004, 7:00 p.m.

Location: Aurora Fire Station #11

2291 S. Joliet Way, between Peoria & Havana on Iliff

Topic: Breatheeeee

Speaker: Jay Skinner

Credit: 1 hr in Health, Nutrition and Safety

Description: Have you ever had a person tell you to breathe when you are upset, angry, or stressed? When they say this to you, do you think I am breathing! You are breathing, but you may need to control your breathing. Come to this workshop where we will explore the types of breathing, breathing techniques, benefits of using breathing techniques, and helpful ways to remember to use breathing techniques.

December 2004 -- no classes

Directions to the Fire Station: Coming from Chambers & Hampden: go to Iliff take a left, or go west, on Iliff. When you cross Peoria you need to be in the middle lane because the right-hand lane will end. After the next light there will be a brick or rock wall. You will turn right when the wall ends and that will be Joliet. The fire station will be on your left. Turn left into the parking lot and park by the glass wall. The meeting room is right inside.

Candidate Biographies

President

I am Mary Ingleby and am running for the office of President. I am currently the President because as Vice President I assumed the position when our President moved out of state. I am a founding member of ACGN and have been the VP for most of the years we have been in existence. I hope to help our association to grow and flourish along the way. I have been doing child care for 18 years and married for 24 years. I have two grown children and am an Educare site.

Education Coordinator

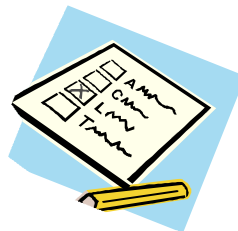
My name is Tonie Rutledge and I am running for Education Coordinator. I love working with the people in our city to help bring important information back to my friends and associates. As you can see by reading the newsletter I have worked hard already for the last few months since I took this position over for Carol Johnson and I would love to continue doing the job I am passionate about. I have been actively involved with Caregivers for over two years and hope to be involved longer. So please help me become your OFFICAL EDUCATION COORDINATOR. Vote for me.

State Representative

My name is Linda Killian. I have been your State Rep2 for the past year. I would like to keep on being one of Caregivers State Reps. I have been doing Day Care for the past 20 years. I have been married for over 21 years to my husband John. We have 3 children, Erick, Jessica and Johnny. We have 6 grandchildren. I enjoyed going to all the meetings that I can. I'm also involved with Boy Scout's , Our Church. I would love to continue on being your State Rep.

Treasurer

Karen Geyer is the mother of 3 children and 2 grandchildren. She has 25 years experience in daycare. Karen holds a degree in Early Childhood Education. She has expertise in the area of accounting and financial reporting. She is our current Treasurer with A CareGiver Network and has served many of the past years as Finance Officer with the American Legion.



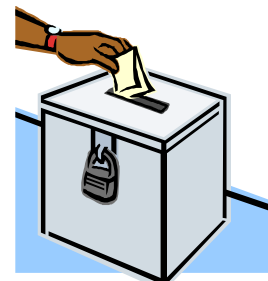
Newsletter Editor

My name is Dawn Rhods. I currently hold a board position with ACGN and the Arapahoe County Early Childhood Council and am on the Advisory Committee for the Early Childhood Education Department at the Community College of Aurora. I have volunteered for 15 years as a board member on County & State Family Child Care organizations.

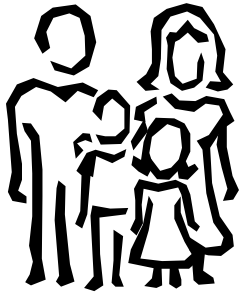
I was an active participant for 5 years on Governor Roy Romer's Early Childhood Committee developing the Early Childhood Professionals Core of Knowledge Book and helped to initiate the TEACH scholarship program.

My child care home is nationally accredited by the National Association of Family Child Care.

I graduated in the Summer of 2003 with my AAS in Early Childhood Education and an Associate of General Studies from the Community College of Aurora.



Referral Report



July Referral Report

106 total requests
72 were email requests
34 were calls

80010-3	80011-1
80012-4	80013-5
80015-3	80016-3
80017-2	80018-2
80121-2	80123-3

Member Appreciation Dinner

Join us on Sunday, September 26th for the member Appreciation Dinner. The dinner will be held at Bennett's BBQ on Arapahoe Road at 6:00 p.m.

Watch your mail for your invitation the week of September 6th.

Please RSVP by Friday 9/17 to Maria 303-690-5836.



CPR & First Aid Courses

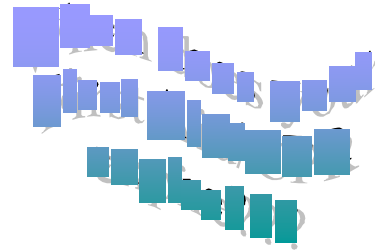
Courses are held at the Medical Center Aurora South, 1501 S. Potomac from 8:45 a.m. – 3:00 p.m. Jay 303-690-8267.

- September 18
- October 16
- November 20
- January 15

CPR—8:45 a.m.—12:30 p.m. \$30
First Aid — 12:30—3:00 p.m. \$30

Take Both First Aid & CPR for only \$35.

Purchase your course online at www.caregivernetwork.org/cart.htm or get a registration form from Jay or online at www.caregivernetwork.org/Register.doc.



Medication Administration Courses



This course is held at the Church of the Holy Spirit, 8237 S. Holly Street (Holly & County Line roads) on the following date only:

September 11, 2004

All other classes will be held at the Medical Center Aurora South, 1501 S. Potomac from 8:45 a.m.–3:00 p.m. Maria 303-690-5836. Cost \$30. Space limited. No refunds.

- October 9
- November 13

Purchase your course online at www.caregivernetwork.org/cart.htm or get a registration form from Jay or online at www.caregivernetwork.org/Register.doc.



Universal Precautions Courses

This course is held at the Church of the Holy Spirit, 8237 S. Holly Street (Holly & County Line roads) on the following date only:

September 11, 2004

All other classes will be held at the Medical Center Aurora South, 1501 S. Potomac from 8:45 a.m.–3:00 p.m. Dawn 303-690-7684. Cost \$15.

October 9

November 13

Purchase your course online at www.caregivernetwork.org/cart.htm. Get a registration form from Dawn or online at www.caregivernetwork.org/Register.doc.



Must Renew Every
3 Years.

Pre-Licensing Training Courses

Pre-Licensing Training is held at the Medical Center Aurora South the first two Saturdays of each month except December. Register with Dawn, 303-690-7684.

September 4th & 11th

October 2nd & 9th

November 6th & 13th

Please note that the September 11th class will be held at the Church of the Holy Spirit.

Classes begin at 8:45 a.m. and end at 5:00 p.m. and require completion of a three-hour homework assignment.

U.S. Postage Stamp for Child Care?

Send a letter of support to Mr. Terrence W. McCaffrey of the U.S. Postal Services Citizens Stamp Advisory Committee at U.S. Postal Services, 475 L'Enfant Plaza, SW, Washington, DC 20260-2435

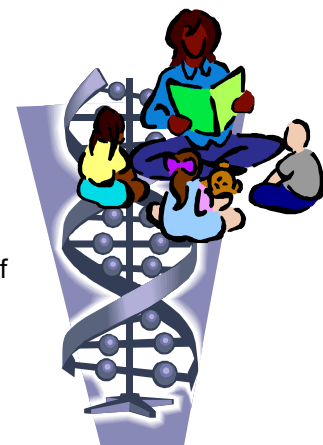
Preschool Attendance Lowers Risk of Young Adult Hodgkin's Lymphoma

In a recent study printed in the *Cancer Epidemiology, Biomarkers and Prevention* indicates there is a connection between children in preschool and Hodgkin's Lymphoma.

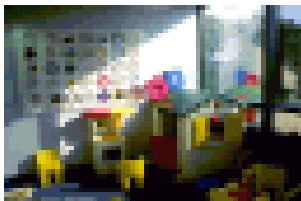
Lymphomas are cancers of the lymphatic system — the body's blood-filtering issues that help to fight infection and disease. Like other cancers, lymphomas, occur when cells divide too much and too fast.

These cells may overcrowd, invade, and destroy tissues and organs.

Preschool attendance appears to lower the risk of Hodgkin's lymphoma in young adults. The increased contact with other children lowers the risk of childhood atopy, possibly by enhancing the maturity of the Th1-type immunity. It is believed that this gene may also protect against the Hodgkin's lymphoma. Parental education, the number of



siblings, housing and a history of infectious mononucleosis were not found to be factors in this study.



Young adults who had attended nursery school or daycare were found to have a 13% lower risk than young adults who did not. Those, however, who attended preschool for at least 1 year were 36% less at risk of Hodgkin's. Dr. Chang, "The risk of HD [Hodgkin's Disease] among young adults appears to be positively associated with delayed infection

during childhood, but HD among older adults may not be."

Previous studies with older adults have not shown the same results. It appears that more preschool may be good for one's health.

Source: *Cancer Epidemiol Biomarkers Prev* 2004;13:1361-1370.

Preschool Websites

For Preschool Ideas see these websites:

www.first-school.ws

kids.msc.nasa.gov

www.brightring.com

www.sewyoungsewfun.com

phonics.jazzles.com

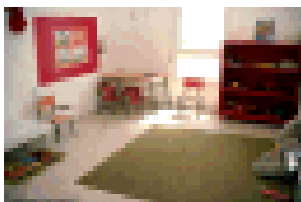
www.kidscolorpages.com



We have several more websites listed on the CareGiver website you can link to — including preschool curriculum kits you can purchase. If interested, you can see them at:

www.caregivernetwork.org/ece.htm

Membership Information



Did you know you could renew your membership online? This option lets you pay by credit card or via your PayPal account if you have one.

www.caregivernetwork.org/cart.htm

If you have trouble accessing the members area online, please call Dawn at 303-690-7684 or email her at drhods@comcast.net and she'll help you get going.

Have you changed your:

- ⇒ Name?
- ⇒ Address?
- ⇒ Telephone or Fax Number?
- ⇒ Email Address?

If so, please contact Jay with your new information at 303-690-8267 or via email at jayskinn@comcast.net.

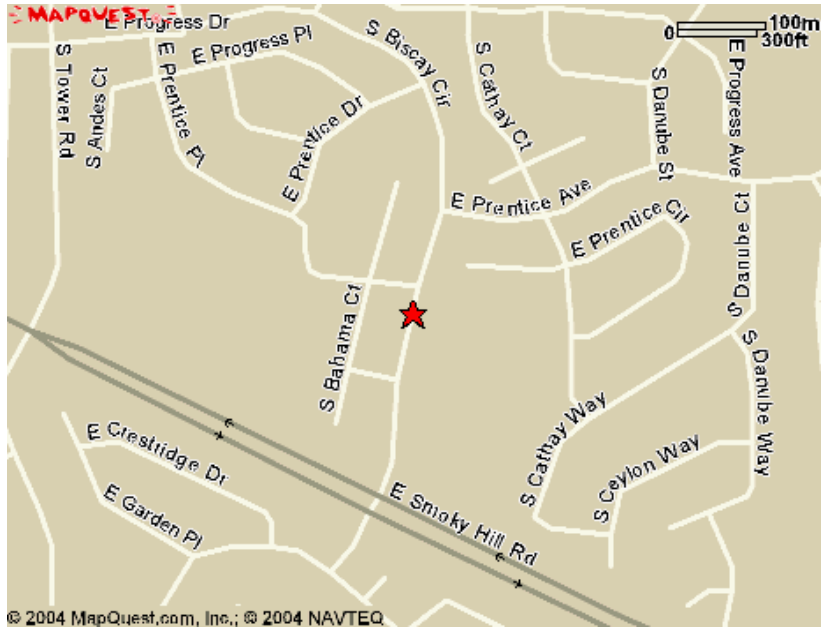
If you have childcare openings, please call Maria each month at 303-690-5836 so she can refer your name out.

Storytime Sessions

Join us each month for story time and other group activities. We'll be meeting at the Smoky Hill Library at:
 5430 S. Biscay Circle,
 Meeting Room B,
 Centennial, CO from
 9:45-10:30 a.m.

- ◇ September 17
- ◇ October 15

Space limited. **Must R.S.V.P. to Dawn Rhods at 303-690-7684.**



Preschool Planning Club

Join us for fun and minimum 1 hour credit toward your license renewal in the area of Early Childhood Education at Dawn's home, 5543 S. Himalaya Way, Centennial, from 7:00 – 8:30 p.m. approximately. Feel free to bring any curriculum you have with you to the meeting on the following topics:

September 29

Septembers topics are the letters K & L, the colors yellow and red, the careers of king and librarian,

October 27

October topics are the letters M, N, colors brown, orange, and the careers of mail carrier and nurse.

For more information or to R.S.V.P., call Dawn at 303-690-7684.



Design Your Own
 Preschool Curriculum
 Design Your Own
 Preschool Curriculum
 For Next Month!!!
 For Next Month!!!

CAFCC State News

We had a short meeting. Nothing to report.

Attention Childcare Providers

Do you know an excellent provider who should be recognized? The 2005 Tylenol & Terri Lynne Lokoff Child Care Foundation offers teacher awards to child care teachers throughout all 50 states and the District of Columbia. Fifty award recipients will receive \$1,000 and honored at a special ceremony. Go to www.childcareabc.org or fax 610-992-1070 for an application.



September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Family Child Care P-L 8:45-5:00
5	6	7	8	9 Wellness Showcase 7 pm At Linda's Must R.S.V.P.	10	11 Medication Admin.8:45- 1:30, UP 1:45- 3:15, P.L. 3:15 - 5:00
12	13	14	15	16 Protection from legal issues 7 p.m., Aurora Fire Station	17 Storytime 9:45-10:30 a.m. at Smoky Hill Library. R.S.V.P. required RSVP for Dinner	18 CPR/FA 8:45-3:00
19	20	21	22	23	24	25
26 Member Appreciation Dinner, Bennett's BBQ. R.S.V.P by 9/17/04	27	28	29 Preschool Planning Club, 7 pm at Dawn's. Must R.S.V.P.	30		

October 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	2 Family Child Care P-L 8:45-5:00 9 Hurried Provider Mini-Conference 9am—4 pm. Meds Admin., UP, & P-L 16 CPR/FA 8:45-3:00
10	11	12	13	14	15	Storytime at Smoky Hill Library 9:45-10:30 23
17	18	19	20	21 Holiday Goodies 7 pm at Fire Station 11.	22	30
24	25	26	27	28	29	31
			Preschool Planning Club 7:00 p.m. at			

We're on the Web!
www.caregivernetwork.org

**New
 Online
 Courses**

Benefits

- Complete at YOUR leisure
- Pay online with credit card or mail a check
- Get credit hours without waiting for workshops & conferences with your preferred topic areas
- Specific topics in full detail
- 7 classes to choose from

**A CareGiver
 Network**

P.O. Box 460861
 Aurora, CO 80046-0861

Order Form

✓	Topic	Clock Hours	Price
	Cultural Diversity &	2.0	\$20
	Develop Theme-Based	2.0	\$20
	Fetal Alcohol Syndrome	2.0	\$20
	Interviews, Policies, Forms	3.0	\$30
	Recognize Child Abuse &	2.0	\$20
	Stress Mgmt for	2.0	\$20
	Understanding Child	3.0	\$25
TOTAL DUE			

**A CAREGIVER
 NETWORK**

P.O. Box 460861
 Aurora, CO 80046-0861

Phone: 720-870-1161

E-mail:
info@caregivernetwork.org



The CareGiver Network Presents

The Hurried Provider's Training Solution

Presents a

Provider's Safety Awareness Workshop

Saturday, October 9, 2004

Aurora Fire Station # 11

2219 South Joliet Way Aurora, CO 80014-4765

9:00am - 12:00pm Child Care Safety Workshop

Speaker to be announced

In this workshop we will look at fire safety including fire drills, what to do in case a fire actually breaks out, and a fire extinguisher demonstration. What elements should be included in the required fire escape plans and disaster plans.

12:00pm - 1:00pm Networking Potluck Lunch

Please bring a dish to share for a potluck lunch where we will have a round table discussion of topics that are of interest to the group.

1:00pm - 4:00pm Car Seat Safety Interactive Workshop

Lt. Cindy Scott

In this interactive workshop you will be reminded of the safe and correct way to install car seats into your vehicle. Lt. Scott will update you on the new car seat law that went into effect on August 1st. We will view properly installed car seats and will do inspections on your installed car seats in your car if desired.

Attendees will receive 7 hours towards license renewal for this workshop.

A Continental breakfast will be served at this workshop.

Questions???? Please call Mary Ingleby 303-699-2681

Name: _____ License # _____
Address: _____ Zip _____ Phone _____

COST \$20.00 for Caregiver Network Members for entire day

\$15.00 for one class for members

\$25.00 for Non-Members

Make checks payable to: A Caregiver Network

Mail to: Caregiver Network Attn: Mary Ingleby 17572 E. Bellewood Cir. Aurora, CO 80015-2024

Please note: 10 pre-paid registrations are required for the workshops to be held.

Deadline for registrations is October 5, 2004



Dear Childcare Professional:

A CareGiver Network is conducting a tuition survey. The poor economy has led to a wide variety of rates throughout the metro area over the last two years as well as many providers closing their businesses. We hope to gain information that can help both childcare professionals and parents in the community.

Please complete the following survey. Most people are able to complete the questionnaire in less than five minutes. Your response will be treated with utmost confidentiality. After the results are tabulated and compiled, we will issue a report available online.

Please return the completed questionnaire to us by September 25, 2004. For your convenience, you may opt to answer the survey online at www.caregivernetwork.org/survey.htm. Limit one survey per child care facility. Thanks again for your help.

Tuition Survey

License # _____ (limit 1 survey per facility) Zip Code _____
 County _____ Closest Elementary School _____

License/Facility Type (check all that apply)

Child Care Centers	
<input type="checkbox"/> Large Center	<input type="checkbox"/> Small Center
<input type="checkbox"/> Public School	<input type="checkbox"/> Private School
<input type="checkbox"/> Preschool	<input type="checkbox"/> B/A School
<input type="checkbox"/> Church-based	<input type="checkbox"/> Part Day Only
<input type="checkbox"/> For Profit	<input type="checkbox"/> Non Profit

Family Child Care Homes	
<input type="checkbox"/> Large Home	<input type="checkbox"/> 3 under 2
<input type="checkbox"/> Infant/Toddler	<input type="checkbox"/> Regular
<input type="checkbox"/> Experienced	

Tuition: (please leave blank if you do not offer a rate for any category, i.e. "We don't charge hourly rates.")

Child's Age	Weekly	Daily	Hourly
Under 12 months			
12-24 months			
2 years			
3 years			
4 years			
5 years			
Kindergarten			
Before School			
After School			
B/A School			

Additional Tuition-Related Fees:

Registration Fee ____ Monthly Annual
 Activity Fee ____ Weekly Monthly
 List Any Other Fees _____

Save a Stamp

Answer the survey online!

DEADLINE: September 25, 2004

**Mail to: A CareGiver Network
 P.O. Box 460861
 Aurora, CO 80046-0861**