

May/June 2011



Update on 2011 National Service Budget

President Obama signed a Continuing Resolution that funds the federal government for the rest of fiscal year 2011. In total, the continuing resolution provides \$1.077 billion for the Corporation for National and Community Service and its programs, about 94 percent of our FY 2010 enacted level. The final funding level is a testament to your work and the critical role national service plays in our communities and our nation. **READ MORE** [http://www.nationalservice.gov/about/newsroom/statements_detail.asp?tbl_pr_id=1960]

BGCA and Charles Schwab Foundation Choose 2011 National Money Matters Ambassador

Eighteen-year-old Megan Wurm of Sparks, Nev., has been named the fourth annual National Ambassador for the

Continued on page 3...

SEND TO A FRIEND

Know someone who might like *Your Care Connection*?

Forward this newsletter to a friend.

[CONTACT US](#)

UNSUBSCRIBE

Care Providers Is Proud Supporter of Boys & Girls Clubs of America

The Boys & Girls Clubs of America is a national, non-profit organization whose mission is to enable all young people to reach their full potential as productive, caring, responsible citizens by providing:

- A safe place to learn and grow.
- Ongoing relationships with caring, adult professionals.
- Life-enhancing programs and character development experiences.
- Hope and opportunity.



Changing lives

Originated in 1860 in Hartford, Conn., by a group of women who wanted to give "roaming" boys positive alternatives, today's Boys & Girls Club of America serves 4.2 million young people through membership and community outreach in 4,000 chartered Club locations.

In 2009, the impact and presence of Boys & Girls Clubs were more important than ever. Amidst the backdrop of an unprecedented economic crisis, Clubs provided a safety net for millions of young people and their families all across the nation. From feeding and nutrition programs that help keep kids healthy to educational initiatives that enhance their performance in school to character-building efforts that instill the importance of community service, Boys & Girls Clubs continued the mission of preparing the next generation for success.

Membership demographics

Boys & Girls Clubs provide support to children from all walks of life. Following are statistics from a 2009 survey:

- 65% are from minority families
- 6% are 5 years old and under
- 44% are 6-10 years old
- 19% are 11-12 years old
- 20% are 13-15 years old
- 11% are 16-18 years old
- 55% are male
- 45% are female

How we fit in

Care Providers Insurance Services is a program administrator for Boys & Girls Clubs. We are proud to have supported and underwritten Boys & Girls Clubs for more than two decades. Providing Boys & Girls Club Insurance is a key factor to their continued success.

Call 800-970-9778 to speak to a Boys & Girls Club insurance specialist. Or, send submissions to cps-submissions@nsminc.com.

Source: Boys and Girls Clubs of America [www.bgca.org]

SAVE ON WORKERS' COMP WITH CARE PROVIDERS

Good News for Texas Policyholders

Worker's compensation is the only insurance that provides medical and income benefits for injured workers *and* legal protection for employers.

Texas state law allows employers in similar business to buy their workers' comp coverage as a group. These group purchase programs give members a premium discount, an industry-specific safety plan and potential dividends.* Eligible policyholders can earn an additional discount by participating in Texas Mutual Insurance Company's workers' comp health care network.

The Social Services Agencies of Texas (SSA) group purchase program provides money-saving coverage solutions for community action agencies, senior citizen programs, after-school programs and other social service agencies. To find if your agency qualifies for group membership, email Priscilla Archer [parcher@nsminc.com] with Care Providers Insurance Services or call 800-761-7072, ext. 1313.

**Past dividends are not a guarantee of future dividends, and the Texas Department of Insurance must approve all dividends.*

Join the Fight *Take action against obesity*

In just three decades, the rate of childhood obesity has more than tripled. According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity among children aged 6 to 11 years increased from 6.5 percent in 1980 to 19.6 percent in 2008. The prevalence of obesity among adolescents aged 12 to 19 years increased from 5.0 percent to 18.1 percent.

This obesity epidemic is a direct result of environments that encourage:

- Increased food intake
- Non-healthy food choices
- Physical inactivity

In a March 2011 CDC report, the American society as a whole was labeled "obesogenic" as a result of these poor lifestyle choices.

Local, state and federal training, leadership, research, intervention and of course education programs are change initiatives designed to encourage healthy, affordable and accessible nutritional and physical activity choices.

Like schools, SSAs might find the following key strategies to preventing childhood obesity from the CDC useful to promote physical activity and healthy eating.

Tips for building a strong foundation [<http://www.cdc.gov/healthyyouth/keystrategies/build.htm>]

1. Address physical activity and nutrition through a Coordinated School Health Program (CSHP).
2. Designate a health coordinator and maintain an active health council.
3. Assess health policies and programs and develop a plan for improvements.
4. Strengthen nutrition and physical activity policies.



Tips for taking action [<http://www.cdc.gov/healthyyouth/keystrategies/action.htm>]

5. Implement a high-quality health promotion program for staff.
6. Implement a high-quality course of study in health education.
7. Implement a high-quality course of study in physical education.
8. Increase opportunities for youth to engage in physical activity.
9. Implement a quality meal program.
10. Ensure that youth have appealing, healthy choices in foods and beverages offered outside of the meal program.

What are other SSAs doing?

- Grants will help two Bristol organizations fight childhood obesity [<http://www2.tricitie.com/news/2011/apr/11/grants-will-help-two-bristol-organizations-fight-c-ar-966113/>]
- Trenton Boys & Girls Club fights obesity with activity [<http://www.trentonian.com/articles/2011/03/25/news/doc4d8d5876bee8b299555723.txt>]
- UFC teams up with Jump for Joy foundation and the Boys & Girls Clubs of Las Vegas [<http://www.jumpforjoyfoundation.org/j4events/press-release/115-ultimate-fighting-championship.html>]

Have You Heard

...from page 1

Money Matters: Make it CountSM program provided by Boys & Girls Clubs of America (BGCA) and Charles Schwab Foundation. The National Ambassador serves as spokesperson for the program and is charged with promoting financial education for teens as the basis for lifelong financial health and well-being. **READ MORE** [http://www.bgca.org/newsevents/PressReleases/Pages/MMAmbassador_042011.aspx]

20,000 Kids Across the Country Take on the Guinness World Record for Jumping Jacks

Twenty thousand kids from more than 1,000 Boys & Girls Clubs across the country attempted to break the Guinness World Record for the most people doing “jumping jacks” – or “star jumps.” Jumping jacks are called star jumps in some countries because the arms, legs and head form a five-pointed star. **READ MORE** [<http://www.bgca.org/newsevents/PressReleases/Pages/JumpingJacksRecord032211.aspx>]

Help Is Just a Phone Call or Click Away

The workplace helpline answers, documents legal questions

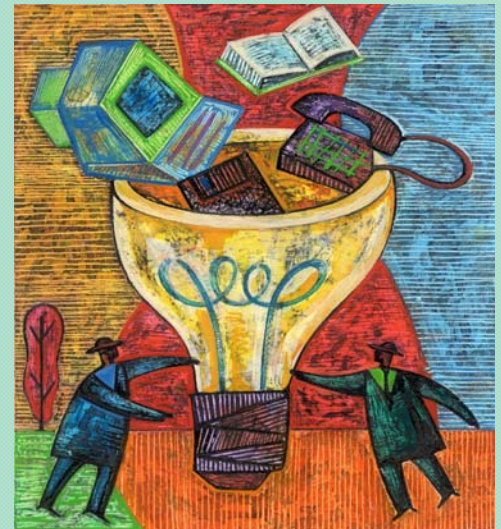
In 1996, The Workplace Helpline was founded to provide legal counsel to those with specific employment law needs. Today, it's a national employment law and human resource company providing local legal advice to thousands of companies, nonprofits organizations and government entities nationwide.

Companies of all sizes can seek confidential advice and full protection from disclosure when contacting a Helpline legal specialist. Small companies with less than 10 employees can call or email with specific employment law risk management inquiries. Larger companies, such as those with their own in-house legal departments, can contact Helpline for a second opinion.

How it works

Registered users can call Helpline's toll-free number, Monday-Friday, 9 a.m.-5 p.m. or submit online specific legal questions. A legal consultant will respond by end of next business day. All responses are documented and all information is kept current and up-to-date on the users secure home page.

Each month, the CPS HR Risk Management HELPLINE delivers a new Question of the Month foster proactive thinking about human resource risk management and employment law issues.



To learn more about the value of the HELPLINE and how to enroll, please talk to your agent and visit www.hrhelpline.com/cps/overview.

For clients already enrolled in the HELPLINE, you can view this month's Question of the Month as well as ask your specific HR risk management and employment law questions directly to attorneys through the HELPLINE website – www.hrhelpline.com/cps. If you've forgotten your access codes please contact the HELPLINE at toll-free 877-568-6655.

Car Seat Recommendations for Children from NHTSA.gov

Birth – 12 months: Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: Infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.

1 – 3 years: Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.

4 – 7 years: Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.

8 – 12 years: Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.