

# Southeastern Child Care Resource & Referral and Choctaw Nation Child Care Assistance



## CHILD CARE CONNECTION WINTER 2022 EDITION



### Free Monthly Online Trainings Offered From CECPD

Courses require registration to receive training link via email.

For assistance locating or registering for courses, please contact CECPD at (405)799-6383.

**Tentative Course List Located On Page 10**

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### Need CPR & First Aid Training?

Contact  
Alisa Carter  
Licensed AHA Trainer  
Carter Family Daycare  
580-931-7787

**CPR, First Aid, AED, Bloodborne Pathogens**

Classes cost \$50 per person and are typically held Durant. However, Alisa is willing to travel if the class size is large enough. Please Contact Alisa with questions!



Southeastern Oklahoma State University  
Department of Child Care Resource and Referral  
425 West University BLVD.  
Durant, OK, 74701-0609



# CECPD Now Offers SEVEN Certificate of Achievement and Stipend Programs



CECPD is currently offering SEVEN different Areas of Concentration for the Certificate of Achievement and Stipend Program!

Click on the area of concentration for more information about the training courses required.



[Infant/Toddler](#)

[Preschool](#)

[School Age](#)

[Quality Child Care](#)

[Healthy Children in Child Care](#)

[Childhood Resiliency](#)

[Better Business in Family Child Care](#)

For more information, click the link below:

<https://www.cecpc.org/en/provider-programs/oklahoma-registry-certificate-of-achievement-and-stipend-program/>

## Social and Emotional Needs of Children



As humans, we all have specific social and emotional needs. The intensity of these needs may vary at different times of life and across personalities, but we all have them at varying levels. Children, of course, also have these needs. Children's challenging behaviors communicate that the circumstances of their lives are not meeting these basic social and emotional needs.

The eight needs on the next page are essential to a child's long-term well-being. When one or more of these needs are not being met, children will often communicate that lack through their challenging behaviors. Sometimes this lack might be temporary, such as when a family welcomes a new baby. A child's sense of control and predictability might be thrown for a loop as the family's life temporarily becomes chaotic. In this case, a teacher may need to intentionally create an atmosphere that helps the child feel a sense of control and predictability while the situation at home stabilizes. Until the child feels this sense of control, the challenging behavior will probably continue.

At times, the behavior may communicate that a child's needs have not been met over a longer period. For example, a child who has been in and out of foster care may have a need to enjoy relationships and have a sense of belonging that is not being met. She may communicate her feelings of isolation and abandonment through challenging behaviors. Teachers will need to work especially hard to help her feel like she is an appreciated member of the classroom community. As her sense of belonging may have decreased over time, it will take an intensive effort to rebuild it. But, until the child feels this sense of belonging, her challenging behaviors may continue to communicate her internal pain.

Excerpts from the book Uncovering the Roots of Challenging Behaviors, page 112, by Michelle Salcedo, M. Ed.

From Uncover the Roots of Challenging Behavior: Create Responsive Environments Where Young Children Thrive by Michelle Salcedo, M.Ed.

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# What I Need: A Child's List of Social and Emotional Needs

**Even though I may look small, I have the same social-emotional needs as all human beings. When the adults in my life meet these needs consistently, I am better able to learn and develop.**

## ***To be safe and secure.***

I need to know that I am physically and emotionally safe. I need to trust that the adults in my life will work to guard me from dangers, to protect me feelings, and not to put me in situations in which I cannot succeed.

## ***To be loved and have a sense of self-worth.***

I need to know that someone thinks I am the center of the universe. I need to believe that there is an adult in this world who will go to the ends of the earth to show me I matter.

## ***To receive attention and be understood.***

I need to know that someone is paying attention to me. I need to expect that someone values what I have to say and takes joy in what I do.

## ***To have a sense of control and predictability.***

I need to feel like I have some control in my life. I need adults in my life who are predictable in their behaviors and who structure my day with predictable routines and rituals.

## ***To recognize and be able to handle strong feelings.***

I need to know that the emotions that overwhelm me sometimes are normal. I need the adults around me to remain calm in the face of my feelings, to help me give them a name, and to provide me with safe and healthy ways to express them.

## ***To have a sense of power and feel independent and competent.***

I need to feel powerful sometimes. I build this sense of power when I am given choices, when I am presented with tasks at which I can succeed (sometimes with a little help), and when the adults around me notice what I do well.

## ***To be engaged in stimulating pursuits.***

I need to experience the world. My brain develops as I am presented with interesting materials to see, touch, hear, smell, and taste.

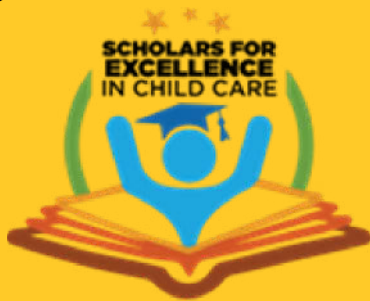
## ***To enjoy relationships and have a sense of belonging.***

I need to know that if I were not on this earth, someone would miss me. I need to feel like someone is glad that I am his or her companion and that I can count on him or her always being mine.

QRIS  
Stars

Shine  
ON

We look forward to updating all the new star levels beginning January 1st. In the meantime, if you need assistance, call our office today.



Oklahoma State Regents for  
Higher Education

**Heather McLean**

Murry State College  
580-319-0304 (Office)  
580-371-6679 (Cell)  
hmclean@mscok.edu

**Verna Corley**

Carl Albert State College  
918-647-1252 (Office)  
918-385-1341 (Cell)  
vcorley@carlalbert.edu

## Become a Master Teacher for Free!

The Scholars for Excellence in Child Care Scholarship Program is covering 100% of tuition and fees for students seeking either a CDA or Certificate of Mastery (CoM). The CDA can be earned by completing all 10 units of the "Pathway to your National Credential" curriculum. This can be done 100% online! **Contact Bailey Maxey, at 405-225-9133 or [bmaxey@osrhe.edu](mailto:bmaxey@osrhe.edu)** if interested in earning a CDA.

The Certificate of Mastery (CoM) is a credential earned through Community College coursework and never needs to be renewed! If you're interested in earning a CoM, please contact [qwilczek@osrhe.edu](mailto:qwilczek@osrhe.edu) if interested in a Community College Scholarship.

Both credentials translate to Master Teacher status and increase levels of providers on the Oklahoma Professional Development Ladder. Stipends are also available upon completion of the credentials.



# WINTER Recipes

## Hot Cocoa

### Ingredients:

- 1 cup Milk of Choice regular, coconut milk, or almond milk works
- 1 tablespoon Unsweetened Cocoa Powder
- 1 tablespoon Maple Syrup or coconut sugar
- 2 tablespoons dark chocolate chips or semi-sweet chocolate chips or about 2 squares chopped chocolate bar (we used 70% cocoa)

### Directions:

1. In a saucepan, add milk, cocoa powder, and maple syrup. Whisk and cook over medium heat until it's warm - don't boil.
2. Stir in chocolate and keep whisking, cooking over medium-low heat until the chocolate is melted.
3. Remove from heat and stir in the vanilla extract or peppermint extract.
4. Serve with mini marshmallows on top if desired.



## Fruit Crackers Pizza

### Ingredients:

- Graham Crackers
- Plain Vanilla Yogurt
- Cut up fruit pieces (frozen or fresh strawberries, kiwis, blueberries, etc.)

### Directions:

1. Start by breaking the graham crackers into all 4 sections and give each child a plate with 4 pieces.
2. Give each child a cup with a small amount of yogurt in it and help them spread the yogurt onto each cracker.
3. Allow each child to place pieces of fruit on all 4 crackers, either mixing up the fruit choices or allow them to mix and match. The options are endless.
4. Enjoy your Fruit Cracker Pizza.



# Ways to Wonder

Wonder and curiosity inspire children to learn. Reflect on how activities will motivate children to ask, "What will happen next?" This sparks their curiosity and makes their learning experiences meaningful. The following activities will encourage children to question, explore, and learn.

## BLOW THE WIND

**Age Group:** Infants

**What You Need:** Your voice, a straw, and cotton balls.

**What You Do:** Show infants the cotton balls. Supervise them closely! Place a cotton ball on your hand and blow it toward them. Use the straw to blow on the infants' legs and move the cotton balls. Sing this song to the tune of "Row, Row, Row Your Boat." Blow, blow, blow, the wind; gently through the trees. Blow, and blow, and blow, and blow; how I like a breeze! blow, blow, blow the clouds; blow them through the sky. blow, and blow, and blow, and blow; watch the clouds roll by!

**What They Learn:** Infants observe how air moves things, and experience how the wind feels. Extend the activity by showing them clouds outside and hanging wind chimes where infants can observe them.

## ENDLESS NATURE ART

**Age Group:** Preschool

**What You Need:** A plastic divided vegetable tray, wooden frames (different sizes with the glass and cardboard backing removed), felt (cut to match the same sizes as the frames), a camera, and various natural materials (sticks, seashells, small stones, flowers, feathers, and leaves).

**What You Do:** Lay out the nature materials and ask children to help sort everything into the vegetable tray. Next, lay out a piece of felt, place a frame on top, and ask each child to place a nature item inside the frame to make a picture. Afterward, use the camera to take a picture. Explain to the children that once there is a picture of their art, it can be taken apart to create something new. Set up the materials at a table. Display pictures of their art near the table.

**What They Learn:** Children build their knowledge of nature, experiment with three-dimensional art, practice sorting and patterning, learn to document their work, and repurpose materials.

## NOTICING NATURE

**Age Group:** Toddlers

**What You Need:** Palm-sized clear plastic containers with lids, scissors, a variety of nature items with a strong scent (flowers, pine needles, pine cones, soil, herbs), and a plastic dish tub.

**What You Do:** Place a nature item in each container, put the lids on, and use scissors to poke holes in each lid. Arrange the containers on a low table or basket on the floor. Invite toddlers to smell them. After a few days, sit down on the floor and invite toddlers to join you as you pass around a container, open it, and dump it in a tub. Once all the containers have been emptied into the tub, ask toddlers to observe the color, shape, and texture of each item.

**What They Learn:** Toddlers study nature with all their senses. As the teacher describes the materials, children can connect new vocabulary words to real objects. Using containers for smelling nature helps toddlers focus on the scent of each item without accidentally inhaling or swallowing it. Extend the activity by using natural materials in art projects, or adding them to clay or play dough.

## BEE HUMMER

**Age Group:** School Age

**What You Need:** One Popsicle stick, two eraser caps, one index card, scissors, a strong stapler, string, and a wide rubber band (about 1/4 inch wide) for each child.

**What You Do:** Put the erasers on each end of the Popsicle stick. Place the index card between the two erasers on the stick (trim if necessary). Staple the card to the stick (it should stick out about two inches). Cut about 2 feet of string. Tie the string next to one eraser and make several knots so that it is secure. Stretch the rubber band around the stick from the tip of one eraser to the tip of the other. Use the string to swing the bee hummer in a circle. It should sound like bees humming. Children can decorate their index cards if they wish.

**What They Learn:** Children practice engineering skills, mimic a sound from nature, and explore ways to alter the sound by changing the size of the rubber band, or an index card, or adjusting the rate of speed when they swing it.

**Source:** [www.exploratorium.edu/afterschool](http://www.exploratorium.edu/afterschool)





# HOLIDAY LITERACY FOR ALL

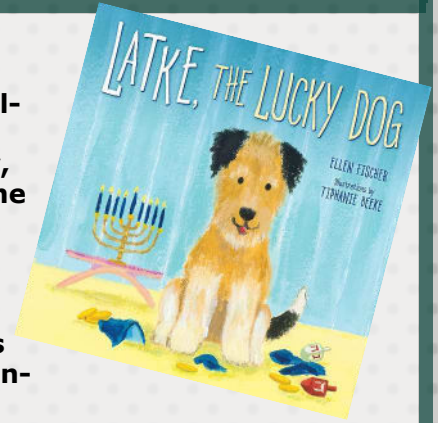


## Latke, the Lucky Dog

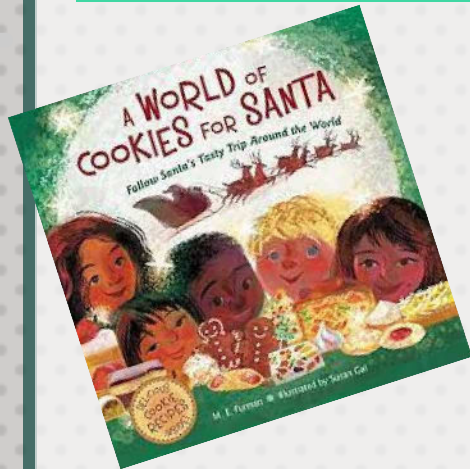
An adorable newly adopted puppy has been rescued from an animal shelter on the first night of Hanukkah and joins all his new family's celebrations. Latke manages to continuously behave somewhat inappropriately, thinking the delicious treats on the table and counter are for him, and the presents are his to unwrap. Fortunately, despite this, he is treated with lots of affection by his new family. Hoping he won't be sent back to the animal shelter, he tries to improve his behavior.

Many symbols of the holiday appear in this book: donuts, menorah, gifts wrapped in Jewish star wrapping paper, latkes, dreidels, applesauce, candles, and chocolate money abound. The Hebrew sufganiyot is used to describe donuts and the Yiddish words gelt and latkes also appear. On the page following the story there is a paragraph detailing the history and customs of Hanukkah.

**Ages 1-5**



## A World of Cookies for Santa: Follow Santa's Tasty Trip Around the World: A Christmas Holiday Book for Kids



A World of Cookies for Santa takes readers across the globe to see all the treats that await Santa on Christmas Eve. Head to the Philippines, where children leave out puto seko cookies and ginger tea for Santa; jet to Russia for a honey-spice cookie; then set out for Malawi for a sweet potato cookie! When you've returned home, the journey's still not over—M. E. Furman provides recipes for children to bake some of Santa's cookies for themselves.

A World of Cookies for Santa is a multicultural celebration that families will return to year after year. Winner of the American Book Fest Best Book Award and the Moonbeam Book Award!

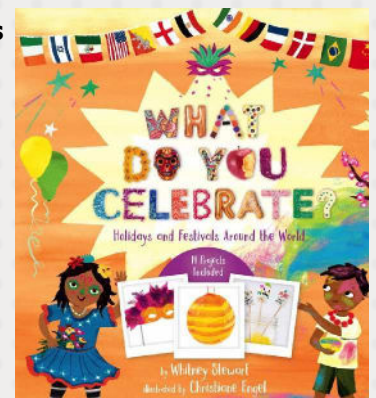
**Ages 4-8**

## What Do You Celebrate?: Holidays and Festivals Around the World

Holidays are FUN—and this entertaining nonfiction picture book introduces kids to 14 celebrations from around the world!

Across the globe, every country has its special holidays. From Brazilian carnival and Chinese New Year to France's Bastille Day and our very own Fourth of July, What Do You Celebrate? presents 14 special occasions where people dance, dress up, eat yummy foods, and enjoy other fun traditions that have been passed down from generation to generation. Kids can travel the globe and learn about Fastelavn, Purim, the Cherry Blossom Festival, Holi, Eid al-Fitr, Halloween, Day of the Dead, Guy Fawkes Day, the German Lantern Festival, and more. Each spread showcases a different holiday, offering background and cultural context, vocabulary words, photographs, and instructions for festive projects!

**Ages 6-9**



# What are 6 Benefits of Play?

Play isn't all fun and games – it's also an important teaching tool! Through play, kids learn how to interact with others and develop critical lifelong skills. These 6 benefits all play an important role in raising well-rounded children.



## PHYSICAL

Active play helps kids with coordination, balance, motor skills, and spending their natural energy (which promotes better eating and sleeping habits).

[DISCOVER MORE!](#)



## EMOTIONAL

During play, kids learn to cope with emotions like fear, frustration, anger, and aggression in a situation they control. They can also practice empathy and understanding.

[DISCOVER MORE!](#)



## SOCIAL

Playing with others helps kids negotiate group dynamics, collaborate, compromise, deal with others' feelings, and share - the list goes on.

[DISCOVER MORE!](#)



## COGNITIVE

Children learn to think, read, remember, reason, and pay attention through play.

[DISCOVER MORE!](#)



## CREATIVE

By allowing imaginations to run wild during play, kids create new worlds, and form unique ideas and solutions to challenges.

[DISCOVER MORE!](#)



## COMMUNICATION

Play lets kids exchange thoughts, information, or messages by speech, signals, writing, or actions.

[DISCOVER MORE!](#)

You can put the benefits of play into action with these activities



### Hedgehog Harry

Ages 4+, requires an adult help

[Let's Play!](#)



### Frosty Toss

Ages 3 and older

[Let's Play!](#)



### Magic T-Shirt

Ages 5+, requires an adult help

[Let's Play!](#)



### Go Fish Card Game

Ages 5 and older

[Let's Play!](#)

For more information on the benefits of play and additional activities, click the link below:

<https://www.thegeniusofplay.org/tgop/benefits/genius/benefits-of-play/benefits-of-play-home.aspx?hkey=75c664db-cb16-400>



# 5 Tactile Sensory Play Provocations to Promote Learning, by Gabrielle Felman

Tactile sensory, hands-on, play is one of the best activities for integrated learning. When multiple senses are ignited, children are using their whole body to learn which research shows deepen brain connections and further establishes concepts. While children engage in messy, tactile play, they are using many developmental systems at the same time and the play lends itself to learning across developmental domains.

Our senses include the basic 5: touch, smell, hearing, seeing, and taste plus 3 additional sensory systems: proprioception (ability to sense movement of the body), vestibular (sense of balance), and introspection (observation of one's conscious thoughts and feelings). We use all these senses every day and it's important for young children to have experiences that highlight each one. Although this content focuses on tactile play, the provocations listed below will have other senses embedded in the experiences.

The best part of setting up tactile sensory play is that you can get creative. There is no wrong way to set up this play. The formula is quite simple. For babies, the material (i.e., a block of ice) is the focus. For toddlers and preschoolers, you can add additional elements and tools. It's important to note that an adult should always supervise this play.

Here are some ideas to introduce young kids to tactile play:

## **For Toddlers:**

- Finger paint
- Dirt
- Sand
- Ice
- Water
- Basket of sensory balls
- Shredding or ripped paper
- Oobleck (a mixture of cornstarch and water)
- Play dough
- Slime
- Waterbeads
- Bubble wrap
- Contact paper
- Shaving cream

## **For Babies:**

- Water
- Bubble wrap
- Contact paper
- Finger paint (in a sealed reusable or plastic bag)
- Large block of ice
- Sensory balls
- Oobleck

## **While there are endless possibilities with tactile sensory activities, here are FIVE fun ways to set up sensory provocations that embody whole child learning.**

**Tactile Sensory Floor or Table:** Use painters' tape to secure sandpaper, bubble wrap, tin foil, contact paper and construction paper to the floor or a table. You can do a 9x11 patch of each one. This should look like patchwork so there is no space between the various papers. Allow the child to explore the different ways the various textures feel on their hands and feet (if on the floor!). Add two or three tempera paint sticks and allow child to explore the way the paint sticks move over the various textures.

**Waterbeads with various cups (ages 3+):** Soak waterbeads in water the day before. In a plastic tray or rectangle container, add the bloated water beads and various spoons, large tweezers, tongs and cups. Let the child work on their fine motor coordination as they move the beads from cup to cup with the various utensils.

**Oobleck:** This activity is simple yet captivating. In a tray add cornstarch and water to a consistency that is malleable and not too watery. As child explores how this material can change from a solid to a liquid in their hands is pure magic. Manipulating the oobleck throughout the tray is great for hand strengthening.

**Figurines in Ice:** Add some favorite plastic figures and water into a freezer safe container. Freeze overnight. Once frozen, take the block of ice out of the container and put it into a tray. Give child warm water, some salt, a spray bottle and a paint brush to try to excavate the plastic animals. They will work on their focus, patience and problem-solving skills to set those animals free!

**Finger paint with cars:** Cover the table in paper of your choice. You can even use recycled paper bags from the supermarket. Give little one access to two or three plastic cars. On the paper add a few globs of paint. I like to stick to 2 primary colors so that you can embed the science of color mixing into the activity. Let child drive the cars all around the paint and see how they can make various tracks. Use "I wonder" statements to support child as they explore. For instance, you can wonder what would happen if the car moved fast? Slow? In circles? You can wonder if the various tires make various tracks? You can wonder what happens when the car drives through the yellow paint and then the red paint?

Additional resource and more articles like this one can be found at: <https://www.thegeniusofplay.org/genius/expert-advice/articles/5-tactile-sensory-play-provocations-to-promote-learning.aspx#inline1>

## Tactile Sensory Play Supports Development

**Sensory Learning:** Tactile play gives information about the environment and materials based on what the senses engage with.

**Social/Emotional Development:** Sensory play offers opportunities for children to explore in open-ended play.

**Speech and Language Development:** Communication ignites when your child is watching what others around them are doing, sharing the experience through eye contact and gestures.

**Physical Development:** As children explore a variety of textures and properties, they build hand strength and a tolerance for a variety of textures.

**Cognitive Development:** Sensory play often builds focus and attention, offering embedded learning (learning while doing).

## Southeastern Child Care Resource & Referral



### About Us

SECCR&R's focus is to assist child care providers in delivering quality child care to children and families. SECCR&R does this by presenting or arranging training for those who work with children, recruiting additional child care providers, and administering one-on-one coaching and technical assistance in child care programs.

### Provider Services

- coaching/technical assistance
- professional development opportunities
- use of our resource room
- use of our lending library

For more information, call (580) 745-2105 or, check out our website:  
<http://www.se.edu/dept/childcare/>



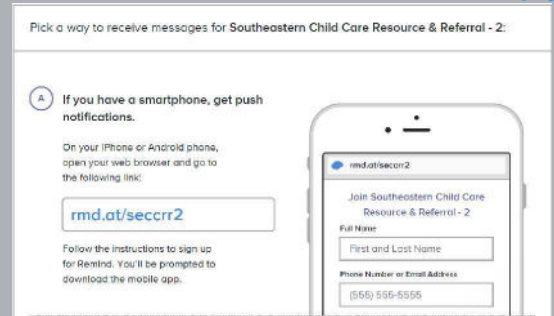
## Get Remind Updates

Want newsletters sent directly to your phone, information about trainings and special events?

**Text @seccr2 to 81010 or  
Click here to join our Remind group!**

Remind is also a wonderful resource for keeping communication open with your families.

**Click here to find out how Remind can help you.**



# Oklahoma WARMLINE



## For Parents & Providers

...because kids don't come with instructions.

**Free telephone consultation for parents, caregivers, and providers  
8 am to 6 pm, Monday thru Friday**

### Consultants can help with:



Clarify a problem and help generate ideas related to behavior, development, health, and safety



Offer guidance on developmentally appropriate practices



Provide community referrals, resources and follow-up, when needed

For more information or to explore our Health Topic Library visit  
[okwarmline.org](http://okwarmline.org)  
or call

**(888) 574-KIDS (5437)**

Email questions:  
[warmline@health.ok.gov](mailto:warmline@health.ok.gov)

# Scholars for Excellence in Child Care, Stipends



The Scholars program awards stipends for the completion of a Child Development Associate (CDA), Certificate of Mastery, Directors Certificate of Completion, Associates Degree, and Bachelors Degree.

- CDA stipends start at \$600
- Certificate of Mastery stipend starts at \$800
- Directors Certificate of Completion \$1,000
- Associate Degree stipend starts at \$1,500
- Bachelors Degree stipend starts at \$2,000

For more information about the Scholars Program in the Southeastern Region please contact Verna Corley at Carl Albert State College at 918.647.1252 or The State Scholarship Office at 405.225.9397



Go to <https://www.okhighered.org/scholars/> for more information



## The Center for Early Childhood Professional Development

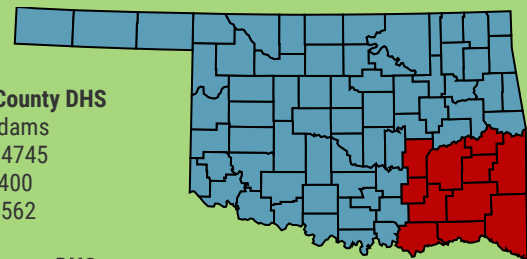
Month	Tentative Free Training Schedule
December	Guidance Matters
January	Meeting The Challenge
February	Creating a Positive Social-Emotional Climate
March	Invitations to Play - Loose Parts
April	Invitations to Play - Nature and Adventures
May	Continuous Quality Improvement
June	Continuity of Care

For more information, contact (405)799-6383

To find free training, go to the [CECPDOnline.org](http://CECPDOnline.org) website and click on the Monthly free training link <https://cecpdonline.org/free-training-july-2021/>



# DHS County Offices for Southeast Region



**Atoka County DHS**  
801 S. Greathouse Dr.  
Atoka, OK 74525-3436  
(580) 889-3394  
1-800-225-0051

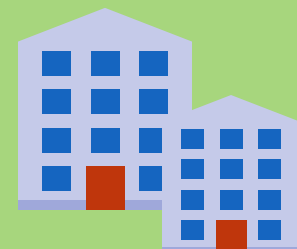
**Leflore County DHS**  
511 S. Harper  
Poteau, OK 74953  
(918) 649-2300  
1-800-493-7960

**McCurain County DHS**  
1300 S.E. Adams  
Idabel, OK 74745  
(580) 208-3400  
1-800-815-7562

**Bryan County DHS**  
4302 Hwy. 70 West  
Durant, OK 74701  
(580) 931-2500  
1-800-225-0062

**Pushmataha County DHS**  
104 S.E. "B" St.  
Antlers, OK 74523  
(580) 298-3361  
1-800-270-0803

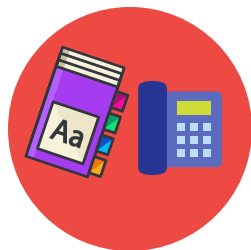
**Pittsburg County DHS**  
1900 South Main  
McAlester, OK 74501  
(918) 421-6100  
1-800-270-0792



**Due to DHS office closures, office hours and locations are subject to change.**







# Helpful Contacts and Resources

## Reaching for the Stars

**Tiffany McPherson**

918.348.8518

Tiffany.Mcpherson@okdhs.org

**Serving the following SE OK counties:**

Atoka, Bryan, Choctaw, Coal, Haskell, Hughes, Latimer, LeFlore, McCurtain, Pittsburg, and Pushmataha.

## Services

**Child Care Warmline**

888.574.5437

warmline@health.ok.gov

**Center for Early Childhood Professional Development**

888.446.7608

[www.cecpd.org](http://www.cecpd.org)

**Office of Background Investigations**

800.347.2276

**OK DHS Child Care Services**

844.834.8314

**Scholars for Excellence in Child Care**

866.343.3881

[www.okhighered.org/scholars](http://www.okhighered.org/scholars)

## Resources

**Locate Quality Child Care**

800.438.0008

**211 Oklahoma**

<https://www.211ok.org/>

**Zero to Three**

202.638.1144

[www.zerotothree.org](http://www.zerotothree.org)

**Child Care Aware**

800.424.2246

[www.childcareaware.org](http://www.childcareaware.org)

**NAEYC**

800.424.2460

[www.naeyc.org](http://www.naeyc.org)

**Online Provider Training**

[www.SmartHorizons.org](http://www.SmartHorizons.org)

## CCR&R Staff

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**Elizabeth Thompson**

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