



# Healthy Kids Monthly

## Income Documentation for Self-Employment

The Healthy Kids Program (HK) accepts documentation for self-employment in two forms:

- A Profit and Loss Statement (P&L); or
- A Federal Income Tax Form 1040, 1040NR or 1040X (amended tax return) with original 1040 with Schedule C or C-EZ

### Profit and Loss Statement

The Profit and Loss Statement (P&L) has to be for the 3-month period prior to the date HK receives the documentation. For example, if an application is submitted in December, the P&L must be for September, October and November.

### CAA Helpful Resources

- Receive information about in-person training for CAAs
- Receive information about HK presentations & orientations
- Ask questions about enrollment status & HK member concerns
- Ask questions about HK application process
- Ask general questions regarding HK

[www.healthykidstulare.org](http://www.healthykidstulare.org)  
[sf@first5tc.org](mailto:sf@first5tc.org)

Toll Free: 1-877-613-KIDS(5437)

HK Members 6-18 yrs contact Cecilia Calderon at HHS, 559-737-4660 x 2315

## Yummy for your Tummy



Daily physical activity is an important part of a child's healthy lifestyle. When parents exercise with their children, they become role models for them and get healthier, too!

For more information on recipes, other nutrition resources or feeding chart information, visit

[www.first5california.com](http://www.first5california.com)

## Insurance Plans Contact Info.

Health Net—1-888-231-9473

Delta Dental—1-877-580-1042

VSP—1-800-877-7195



## CAA's in the News!

- ☺ Thanks to you, as of January 1st 2009 13 more children will be insured!
- ☺ Sarah Barajas Clements submitted the most applications between November 17th - December 15th.

**Hip-Hip Hooray, Hip-Hip Hooray!!!!**

## FIRST 5 TC in the NEWS...

Every Wednesday First 5 Tulare County publishes an article in the Valley Voice newspaper. Article topics include child health and development, school readiness and much more. Pick up your copy today!

## Useful Info for CAA's...

New updated handbooks for the Healthy Families and AIM programs are coming soon. For more information go to:

[www.healthyfamilies.ca.gov/English/OpenEnrollment.html](http://www.healthyfamilies.ca.gov/English/OpenEnrollment.html)

First 5 Tulare County  
3435 South Demaree, Suite A  
Visalia, Ca 93277  
559-622-8650

## PERSEVERANCE

Perseverance is not an issue of talent. It is not an issue of time. It is about finishing. Talent provides hope for accomplishment, but perseverance guarantees it. Life seems designed to make a person quit. For even the most talented individual, obstacles abound, and failures are commonplace. Only when a person matches talent with perseverance do opportunities become avenues of success.

~By Dr John C Maxwell

- Perseverance punctuates talent
- Perseverance means succeeding because you are determined to, not destined to
- Perseverance means stopping, not because you're tired, but because the task is done

"Perseverance is when someone overcomes an obstacle or problem they have. When they find a resolution to their problem and take whatever steps are necessary, even when it gets tough. Perseverance is about being willful and resourceful. It's the ability to succeed or survive, when the odds are stacked against you."

~By Cyndee Garcia, Cutler-Orosi Joint Unified School District