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## SPOTLIGHT ON COMMUNITY ACTION AGENCIES



Photo from recent Family Engagement Night shows participants enjoying a healthy meal together. Source: CAC of Howard County Website

The Healthy Families, Healthy Children program is empowering Howard County Head Start students and staff to live healthy lifestyles

The Community Action Agency of Howard County has been hard at work implementing their [Healthy Families, Healthy Children](#) (HFHC) program for the past year in partnership with the Maryland University of Integrated Health. HFHC provides a whole health approach to support good nutritional, physical and mental health habits.

The program is delivered across three levels of engagement: Classroom; Family and Staff. They recently held a Family Engagement Night, which is offered four times a year. The evenings are open

to the whole family and provide fun and insightful information to support good nutritional, physical and mental health habits that can be practiced at home. A healthy meal is always provided and enjoyed family style. The recipe from this event was [Carrot Ginger Soup](#).

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# FEATURED RESOURCE

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## 2019 Annual ROMA UPDATE Information

**Date & Location:** July 10 and 11, 2019 at the Marriott Hotel, Two Waterfront Place, Morgantown, WV.

**Registration fee:** \$250.00 (Your registration could qualify for scholarship)

**Lodging information:** You will be responsible for all of your travel expenses. Please contact the hotel directly to make lodging arrangements at (304) 296-1700. Refer to West Virginia Community Action Partnership block to get the special room rate of \$97.00 per night (plus tax). You will be asked to provide a credit card to hold the room.

The "Cut Off Date" for the block of rooms is 5:00 PM (Eastern Time) Wednesday May 1, 2019.

Please visit <http://www.roma-nptp.org/events.html> to register and find more information.

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## NEWS & TOOLS



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### **\*Hurry to Win!\***

Time is running out to enter to win a FREE one night stay at the hotel during MCAP's 2019 Human Services Conference!

Here's how to win:

1. Like our [Facebook page](#).
2. Find this post on our page and share to your own Facebook.
3. Tag someone you think should go to the conference in the comments section of this post.

## GIVEAWAY!

Win a free night stay at the hotel during the 2019 Human Services Conference!



\*You must be registered for the conference to win.\*

We will choose one random winner in April!

## New Nonprofit Resource Library

The Nonprofit Learning Lab just launched a new tool for their members. Topics covered include:

- ✓ Board Development
- ✓ Fundraising
- ✓ Grants Management
- ✓ Human Resources
- ✓ Nonprofit Technology
- ✓ Social Media
- ✓ Strategic Planning
- ✓ Volunteer Management

[Click here](#) for more information.



## Maryland lawmakers give final OK to increase minimum wage to \$15 an hour

The Maryland General Assembly gave its final approval Wednesday to legislation increasing the state's minimum wage to \$15 per hour.

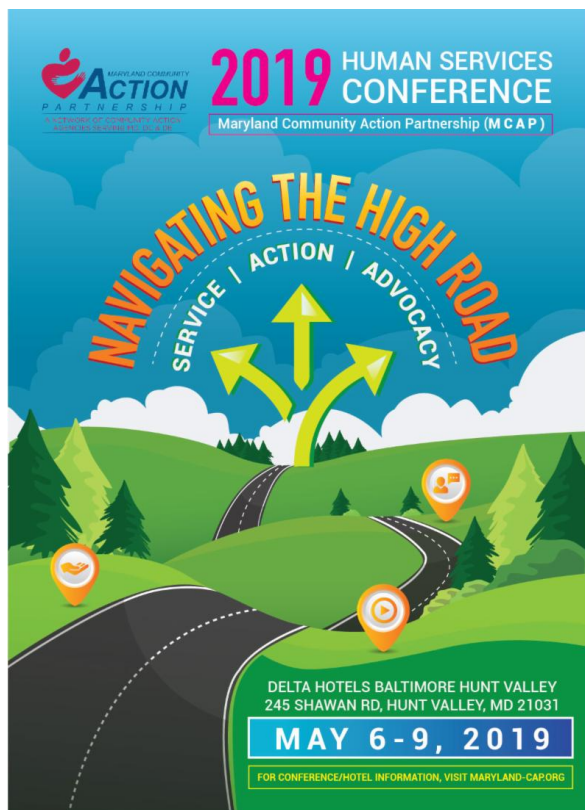
The measure will go next to Gov. Larry Hogan, who opposes such a significant increase. But both the House of Delegates and the Senate approved the bill with more than enough votes to override a veto. Read more [here](#).

# UPCOMING EVENTS



Register Now!

[Click Here](#)



Join us in May for the 2019 Human Services Conference!

MCAP's 2019 Human Services Conference is **May 6-9, 2019** at the Delta Hotels Baltimore Hunt Valley. We are navigating the high road this year as we explore innovate strategies and solutions to poverty through service, action, and advocacy.

You can now check out the [schedule](#) to help you choose which registration is best for you!

NEW! This year we will be offering CEU's for conference attendees in three of the workshop tracks.

Check out our [conference website](#) for sponsorship, volunteer, and exhibitor opportunities!

Check out this special message from Kia and Iris below at the conference site!



## Nat'l Community Action Partnership Webinars

Advocacy for CAA Boards  
 April 8 @ 3:00 pm - 4:00 pm

Click [here](#) to find out more and register.



## Inspire & Motivate Effective Leadership with UPO's Strengths-Based Leadership Certificate Program



CREDENTIAL FOR  
 STRENGTHS-BASED FAMILY WORKERS



### You Are Invited!

Summer/ Fall 2019 Leadership Workshop Series!

<p><b>Registration &amp; Contact:</b>          Donna Anderson, MSW          United Planning Organization          Instructional Coordinator-          Training Office of Human          Resources</p> <p>danderson@upo.org</p> <p>202-238-4634</p>	<p><b>Workshops:</b>  <b>06/18/2019</b> Strengths-Based Leadership &amp; Overview  <b>07/16/2019</b> Personal Skills for Strengths-Based Leaders: Communication &amp; Self-Care  <b>08/8/2019</b> Culture and the Strengths-based Leader  <b>9/10/2019</b> Performance Management &amp; the Strengths-based Leader  <b>10/23/2019</b> Strengths-based Leaders- Impacting Change  <b>TBD</b> Final Project Presentations &amp; Certificate Ceremony</p>
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Open enrollment, workshops may be completed in any consecutive order!

# JOB OPENINGS



Position	Agency
<a href="#">Multiple Positions</a>	Baltimore City Mayor's Office of Human Services
<a href="#">Multiple Positions</a>	United Planning Organization (UPO)
<a href="#">Multiple Positions</a>	Shore Up! Inc.
<a href="#">Multiple Positions</a>	Allegany County HRDC
<a href="#">Multiple Positions</a>	National Community Action Partnership
<a href="#">Multiple Positions</a>	Southern Maryland Tri-County Community Action Committee, Inc
<a href="#">Multiple Positions</a>	Community Action Council of Howard County

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WHAT'S  
**YOUR  
STORY?**

Please email submissions for the MCAP Newsletter to [nelson@maryland-cap.org](mailto:nelson@maryland-cap.org).