



April Birthdays

Carissa Styers	04/11
Rhonda Murphy	04/12
Daria Good	04/15
Chance Davis	04/16
Tom Richert	04/17
Sandy Schafer	04/22
Debbie Geurink	04/25

Retirement Rate Increase

Starting July 1, 2018, the rates for our retirement plans will increase. This is good news as the agency will be putting more into your account, but so will you. It is exciting to see that this will result in a combined contribution of 15.73%. This applies to employees that have matched TSAs.

Agency In-Service

In-Service is scheduled for Thursday, May 3rd at the Pzazz.



CAP Coins

is a publication for the employees of Community Action of Southeast Iowa. Submit information for the next issue of CAP Coins to the Editor, Sheri Wilson, by 4/20/18.

New IPERS Rates

Current Rate (7/1/17 - 6/30/18)	Future Rate (7/1/18 - 6/30/19)
Employee share: 5.95%	Employee share: 6.29%
Employer share: 8.93%	Employer share: 9.44%
Total: 14.88%	Total: 15.73%



Poisons in the Home:

Most of us live with dangerous poisons lurking in kitchen cabinets, hallway closets, basements, or garages.



When warning labels are ignored or chemicals fall into the wrong hands, disaster can occur. More than 300 children are treated in the U.S. every day and [two die as a result of poisoning](#).

The CDC recommends keeping toxic products, such as cleaning solutions in their original packaging, out of sight, and out of reach of curious children. The Environmental Protection Agency defines a toxic substance as [any chemical or mixture that may be harmful](#) to the environment and to human health, if inhaled, swallowed or absorbed through the skin.

Household Products: Experts recommend scrutinizing all household products, including:

- Laundry packets
- Floor and furniture polish
- Cosmetics
- Paints
- Markers
- Glue
- Drain and toilet cleaners
- Oven cleaners
- Glass, wood and metal cleaners

Laundry Packets Pose Significant Risk to Children

Laundry detergent packets are attractive to infants and toddlers because they are soft and colorful and



resemble candy, toys and teething products. Children who eat detergent packets are at elevated risk because of the concentrated levels of chemicals in the packets.

The American Association of Poison Control Centers reports children under the age of 5 ingested, inhaled or were exposed through skin or eye contact to single-load laundry packets [10,497 times in a 10-month period](#) in 2015. Not all exposures were poisonings or overdoses, but more than one-third of all cases required medical attention.

A study conducted by the American Cleaning Institute revealed [61% of parents are storing laundry packets within easy reach](#) of children. Consumer Reports has called on manufacturers to develop [child-safe packaging and prominent warning labels](#). ACI has devised tips for better living, including [Doing Laundry – The Safe Way](#).

National Safety Council



Congratulations

Lexi Deppe, Teacher Associate in Mount Pleasant for Early Head Start, graduated from Indian Hills Community College with her Associate of Arts degree!!

Cheryl Flaatten has received her National Family Support Professional Certification from the Institute for the Advancement of Family Support Professions. Cheryl participated in a review process for a set of proposed National Core Competencies for Family Support Professionals. Cheryl is the Child Care Program Director.