



NAVIGAGE AND EDUCATE MONTHLY NEWSLETTER

JANUARY 2022



United Way
Coffee with a Cause

Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn Street, Tipton
- **2nd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ Bennett Ambulance Building, 145 Main St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd, 4th & 5th Saturdays** of the Month - 11:00-12:00 Shared Blessings Free Meal Drive Thru @ First United Methodist Church, 607 Lynn Street, Tipton
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence
- 4th Olin Elementary School 212 Trilby St 3:30-4:30pm
- 11th Bennett Ambulance Service bldg. 145 Main St 3:30-4:30pm
- 20th Anamosa St Paul's Lutheran Church 201 N. Ford St 3-4 pm

Mechanicsville Community Cupboard

Location: 307 E First St, Mechanicsville

Date/Time: 2nd & 4th Thursdays each month 6—7PM & 4th Saturday
Bring Photo ID - Available to North Cedar School District Residents



Join United Way of East Central Iowa
for Coffee with a Cause to honor Martin
Luther King, Jr. with a Day of Service.

- Help assemble literacy kits that will be distributed to young readers in Cedar County.
- This event is Family Friendly.
- Learn about additional volunteer opportunities in your community.
- Light Snack and beverages provided

Monday, January 17th, 9 am- 11am

North Cedar District Office: 102 E North St,
Stanwood, IA 52337.

COMMUNITY EVENT "SWADDLING CLOTHES"

Date: Saturday January 8th
Time: 9am-Noon

Location: Trinity Lutheran
Church, 801 Washington Ave,
Lowden IA

FREE Items Available Include:

Children's clothing sizes:
newborn - 5T, winter apparel,
diapers, and shoes.

FREE CLOSET

Update your wardrobe.
New Items Donated often.

Email/text/call for info. Free to all.

Jeans, Black work pants, dresses,
blouses, T-shirts, skirts, yoga pants

Brands Include: Banana Republic,

Ann Taylor, Universal Thread,

Dickies, Nike AND MORE

Sign Up at UWECI.org/VolunteerNow and
search "MLK Day Coffee with a Cause"

Contact Jennifer Comstock:

Jennifer.comstock@UWECI.org

319-389-5372 x823

with any questions

or for assistance.



Are your utility bills unbearable?



We're happy to hear you are interested in utility bill assistance
through the Low Income Home Energy Assistance Program (LIHEAP).

Choose How You Would Like to Apply

• You can apply by filling out the application in this packet and sending it
back to us with copies of the documents listed on the enclosed checklist.

• You can set an appointment with us to complete the application by phone
at www.caeiowa.org, or by calling us at 563-324-3236. You will
be asked to mail in copies of the documents on the checklist.

• You can apply online between November 1, 2021 and April 30, 2022 at
www.caeiowa.org/apply. Apply online for fastest service.

Who Can Apply

Anyone living in Scott, Cassin, Muscatine,
or Cedar Counties in Iowa can apply.
To receive a benefit you must meet the
Income Guidelines. Households with someone
60+ or disabled can apply starting 10/1/2021.

All other households can apply starting 1/1/2022.

Where Do I Send My App?

If we gave you a return envelope - use that.
We will pay the postage. If you would rather
drop it off, please visit our website or call us
to find the location nearest you.



Income Limits	
1 Person	\$25,760
2 People	\$34,840
3 People	\$43,920
4 People	\$53,000
5 People	\$62,080
6 People	\$71,160

caeiowa.org
(563) 324-3236

January

at the Stanwood Public Library
202 E Broadway, Stanwood

Wednesday Early Out Club

Starts at 2:00 PM

January 5 - Join us to turn the library into a Winter Wonderland!
We will be watching Frozen and making paper snowflakes to
decorate with. Bring your cutting and origami skills!

January 12 - We will be watching Ice Age and making sugar
ornaments.

January 19 - We will make paper plate snow globes and watch
Home of the North.

January 26 - Join us for B-I-N-G-O! Come in to see if you can win
some prizes or candy. We will also do a mitten craft.

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

January 26 - We will be reading stories about winter and making our
own Snow Day scene and snowball painting!

January 26 - We will read stories about staying warm and cozy
during the long winter months! We will also do a mitten craft!

Covid-19 Vaccines and Booster Shots

Cedar County Public Health Office
Walk in hours: Wednesdays from 8:15am-1pm and 2pm-3:45pm
Booster doses available for folks who received:

- Their 2nd dose of mRNA vaccine at least 6 months ago
- or Johnson and Johnson vaccine at least 2 months ago.

Please reach out to the
resource navigator
regarding any needs that
arise this month!

Contact: Emily Smith
School Resource Navigator
Call/text: 563-886-4711
Email: esmith@north-cedarstu.org

