



NAVIGATE & EDUCATE



Monthly Newsletter Oct 2022



Community Action Eastern IA: Head start preschool openings, and FREE diapers available.

United Way: Has prepackaged FREE disaster kits, and weather radios available for families. Contact: jennifer.comstock@uweci.org

Cedar County Public Health: Upcoming Flu clinics, bivalent COVID-19 vaccine available. Schedule an appointment or attend "Walk in Wednesdays."

Early Childhood Iowa: Serves families with Children 0-5 years old. Preschool scholarships available; get connected with the Dolly Parton imagination library & more!



Resource Navigator - Emily Smith Call/Text: (563-886-4711) Email: esmith@north-cedarstu.org

Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the Month - 4:00-6:00 Food Pantry @ Peace Church, 414 Maple St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-6:00 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd, 4th Thursdays** of the Month - 6:00-7:00 Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **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



Updated 9/9/22

DOMESTIC VIOLENCE AWARENESS MONTH

October is Domestic Violence Awareness Month!

This year's theme is "Inspiring Safety In Our Communities." DVIP has several events and activities planned throughout our eight-county service region to build awareness for our services and to highlight our community partnerships.

Oct 7th "Inspiring safety in our community Facebook live. Hear from DVIP staff and volunteers about how we inspire safety in our community through advocacy, volunteering, more. We'll be sharing our stories live on Facebook and Instagram every hour on the hour for eight hours. Tune in on Facebook at @iowadvip and on Instagram at @dvipiowa.

COMMUNITY EVENTS



"Babysitting Basics" - OCT (3rd, 7th and 17th) 6pm-8pm "Designed to help youth (ages 11 and up) learn what it takes to be a: responsible, trustworthy, caring, respectful, and safe babysitter." Registration: Greta Bierman, gbierman@iastate.edu, (563) 886-6157. Fee: \$30 @ Cedar County Extension Office, Tipton IA

"Fire up for 4H" - OCT 5th @ 5pm-7pm Fun night of food, games, service projects and prizes. Bring your family and friends, for a fun night, roasting hot dogs, smores, learn about 4h, play games and win prizes. Location: 4H Exhibit Building at the Cedar County fairgrounds.

"Trunk or Treat" October 23rd @ 2pm-3pm @Clarence Senior Living Center Parking Lot 402 2nd Ave, Clarence Vehicles (aka trunks) may arrive & set up between 1:30-1:45pm. Questions- Email: clarenceiamainstreet@gmail.com

"Pumpkin Fest": OCT 26th 6pm-7:30pm @ Tipton UCC Church - Totally FREE Event: bounce house, obstacle course, cookie decorating, pumpkin decorating, hot dogs, chips, smores, and more!

"Trunk or Treat": October 30th 1-2:30 P.M. @ Tipton City Park in front of the Aquatic Center. To register your trunk: Email Linda Beck at lbeck@tiptoniowa.org or call 886-4597 by October 20th. "FREE family friendly event. Please arrive at the city park by 12:00 p.m. to set up your trunk and get your costume on. The event needs to be ready to go by 1:00 p.m. Bring your banner/sign for the promotion of your business/organization/church."

