



NAVIGATE & EDUCATE



MONTHLY
NEWSLETTER



May 2024

CONTACT SCHOOL RESOURCE NAVIGATOR FOR MORE INFO: EMILY SMITH
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COMMUNITY ACTION OF EASTERN IOWA (CAEI)

- Can provide air conditioning repair assistance, fan, or window air conditioner.
- If funds are available & income eligibility guidelines are met.
- Diaper pantry available

READY IOWA has resources to promote emergency preparedness in your home & community: <https://ready.iowa.gov/>

BEFORE A TORNADO

- Conduct tornado drills each tornado season.
- Designate an area in the home as a shelter, and practice having everyone in the family go there in response to a tornado threat. The designated shelter should be in a basement, storm cellar, or lowest level of the building. If you are at work or school, you should go to the basement or an interior hallway on the lowest level of the building where you are.
- Discuss with family members the difference between a “tornado watch” and a “tornado warning.”
- Have disaster supplies on hand.
- Develop a family emergency communication plan

ISU EXTENSION PROGRAM: “MY WELLBEING”

Designed with people with intellectual and developmental disabilities in mind; specifically, those who are interested in improving their wellbeing and quality of life. Participants explore areas of wellbeing during six, 60-minute sessions.

Sessions:

- Getting to Know You
- Time for Me - Understanding wellbeing
- Social/Emotional Wellbeing - Building strong relationships
- Financial Wellbeing - Understanding money
- Physical Wellbeing - Enjoying good health and having energy
- Pulling It All Together - Practicing how to make positive choices

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Available Food

- 1st Friday of the Month** - 3:30-4:30pm Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- Tuesdays** - 3:45-5:15pm @ 300 Cedar St. Bennet
- & 2nd & 4th Saturday of the Month** - 10:00a-12:00p Food Pantry @ Zion UCC, 402 Main St, Lowden
- 2nd & 4th Wednesdays of the Month** - 3:30-5:30pm Food Pantry @ First UCC, 600 Mulberry St, Tipton
- 2nd & 4th Saturdays of the Month** - 11:00am-11:45am Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- 2nd & 4th Thursdays of the Month** - 6:00-7:00pm Bring Photo ID, UMC, 307 E First St, Mechanicsville
- 3rd Tuesday of the Month** - 3:30-4:30pm Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- 3rd Saturday of the Month** - 9:00-10:00am Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- Every Wednesday** - 5:30-6:30pm Food Pantry @ St. John's UCC, 320th Ave, Clarence
- 1st & 3rd Saturdays of the Month** - 10:00am-1:00pm
- 2nd & 4th Wednesday of the Month** - 3:00-7:00pm, Hein Manor bottom level 807 3rd St. Durant
- Every Monday -5pm-6pm** - Food Pantry @ St. Paul's UCC, 315 North Main St. Wheatland
- 2nd & 4th Saturdays of the Month** - 9:30-10:30am @ St. Mark's Lutheran Church, 102 W. Church St. Oxford Jct.
- Every Friday** - 8:30-10am @ United Presbyterian Church 401 Main St. Lost Nation