



2020

Fill up the year with many priceless memories

Community Partnerships for Protecting Children

Cedar County

IOWA STATE UNIVERSITY

Extension and Outreach

In **Cedar County**,
we are...

BUILDING A #STRONGIOWA



- **Feeding people**
- **Keeping them healthy**
- **Helping our community to prosper and thrive**
- **Turning the world over to the next generation in better shape than we found it**

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Community Partnerships for Protecting Children

4 STRATEGIES

Shared Decision Making:

Provide leadership for collaborative efforts that promote community responsibility for the safety and wellbeing of children.

Individualized Course of Action:

Family Team Decision Making (FTDM)

Youth Transition Decision Making (YTDM)

Genuinely engage families and youth to identify strengths, resources, and supports to reduce barriers and help youth and families succeed.

Neighborhood Networking:

Promote cooperation and form alliances to provide more accessible and relevant informal and professional supports, services and resources for families whose children are at risk of abuse and neglect.

Policy & Practice Change:

Improve policies and practices to reduce barriers and increase accessibility and relevance of services that lead to positive family outcomes.

To learn more about CPPC in Cedar County, to attend meetings, or be added to the CPPC information email list, please contact:

Dionne Daedlow
Cedar County CPPC Director
563-886-6157
daedlow@iastate.edu

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Dec 30 - Jan 5

Monday, Dec 30		Tuesday, Dec 31	
8:00 a			8:00 a
9:00 a			9:00 a
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Wednesday, Jan 1		Thursday, Jan 2	
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Friday, Jan 3		Sat, Jan 4	Sun, Jan 5
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Jan 6 - Jan 12

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Jan 13 - Jan 19

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Jan 20 - Jan 26

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Jan 27 - Feb 2

Monday, Jan 27		Tuesday, Jan 28	
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Eastern Iowa Regional Crisis Line

Having trouble coping? 844.430.0375

What is a Crisis?

“Crisis” can mean different things to different people. Example of a crisis include but are not *(limited to)* a major loss—the death of a loved one, a divorce, depression and anxiety. It could be series of smaller problems that have become overwhelming. A crisis is any stress or pressure that has become too great for you to cope with alone.

The Crisis Center provides trained, compassionate telephone counselors 24 hours a day, 365 days a year.

ALL CONTACTS ARE CONFIDENTIAL

24-Hour Crisis Line • 844.430.0375

easterniowamhds.org



Eastern Iowa Mental Health and Disability Services Region

**Having trouble coping?
You are not alone.**

Toll Free Crisis Line
1.844.430.0375
www.EasternIowaMhds.org

“IT’S JUST WATER VAPOR.” ... Or is it?

In one puff of aerosol from an e-cigarette you are filling your lungs with:

LIQUID NICOTINE

(it's still a cigarette)

PROPYLENE GLYCOL

(anti-freeze)

GLYCERIN

(thats the stuff they use to make dynamite)

& “FLAVORING”

(a fancy word anything they don't want to put on the label)



DON'T BE FOOLED

It's not water vapor,
it's a cigarette in new packaging.

This message is in connection with National Prevention Week.



February 2020

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16	17	18	19	20	21	22
23	24	25	26	27	28	29

Feb 3 - Feb 9

Monday, Feb 03		Tuesday, Feb 04	
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Wednesday, Feb 05		Thursday, Feb 06	
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Feb 10 - Feb 16

Monday, Feb 10		Tuesday, Feb 11	
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Feb 17 - Feb 23

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Friday, Feb 21		Sat, Feb 22	Sun, Feb 23
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Feb 24 - Mar 01

Monday, Feb 24		Tuesday, Feb 25	
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Wednesday, Feb 26		Thursday, Feb 27	
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Friday, Feb 28		Sat, Feb 29	Sun, Mar 01
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WE CREATE AND SUPPORT ONE-TO-ONE MENTORING
RELATIONSHIPS THAT IGNITE THE POWER AND
PROMISE.



Now Enrolling Volunteers and Youth in
Cedar County! Call us Today!

563-263-9996



 **YIDPH**
Iowa Department
of Public Health

YourLifeIowa.org
855.581.8111 CALL
855.895.8398 TEXT

Your Life Iowa

WE'RE YOUR EVERYDAY LIFE SUPPORT.

Guidelines for *Leaving Kids* HOME ALONE

AGE APPROPRIATE:

7 & under	Should not be left alone for any period of time
8-10 years old	Should not be left alone for more than 1½ hours & only during daylight and early evening hours.
11-12 years old	May be left alone for up to 3 hours but not late at night.
13-15 years old	May be left unsupervised, but not overnight.
16-17 years old	May be left unsupervised (in some cases, for up to two consecutive overnight periods).

SAFETY TIPS:

- Things to memorize: Full name, address, telephone number.
- Post an emergency list - local, long distance numbers to call in case of emergency.
- Let neighbors know that your child may be home alone.
- Call the child several times while you are away.
- Teach your child how to lock windows and doors.
- Tell your child not to go into other people's homes (neighbors included) without your permission.
- Designate a safe house to run to if the child feels like he/she is in danger.
- Teach children kitchen safety and what is/is not okay when you are not at home with them.

BY STATE

Alabama	None	Montana	None
Alaska	Unknown	Nebraska	None
Arizona	None	Nevada	None
Arkansas	None	New Hampshire	None
California	None	New Jersey	None
Colorado	12*	New Mexico	10
Connecticut	None	New York	None
Delaware	12*	North Carolina	8
Florida	None	North Dakota	9*
Georgia	8*	Ohio	None
Hawaii	None	Oklahoma	None
Idaho	None	Oregon	10
Illinois	14	Pennsylvania	None
Indiana	None	Rhode Island	Unknown
Iowa	None	South Carolina	None
Kansas	6*	South Dakota	None
Kentucky	Unknown	Tennessee	10*
Louisiana	None	Texas	None
Maine	None	Utah	None
Maryland	8	Vermont	Unknown
Massachusetts	None	Virginia	None
Michigan	11*	Washington	10*
Minnesota	None	West Virginia	Unknown
Mississippi	12*	Wisconsin	None
Missouri	None	Wyoming	Unknown

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Mar 02 - Mar 08

Monday, Mar 02		Tuesday, Mar 03	
8:00 a			8:00 a
9:00 a			9:00 a
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Wednesday, Mar 04		Thursday, Mar 05	
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Friday, Mar 06		Sat, Mar 07	Sun, Mar 08
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Mar 09 - Mar 15

Monday, Mar 09		Tuesday, Mar 10	
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Wednesday, Mar 11		Thursday, Mar 12	
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Friday, Mar 13		Sat, Mar 14	Sun, Mar 15
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Mar 16 - Mar 22

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Friday, Mar 20		Sat, Mar 21	Sun, Mar 22
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Mar 23 - Mar 29

Monday, Mar 23		Tuesday, Mar 24	
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Create a **Safe Sleep** Environment for Baby

Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

Reduce the risk of SIDS and other sleep-related causes of infant death **by creating a safe sleep environment** for your baby.

How can you make a **safe sleep environment**?



- ▶ Always place baby **on his or her back** to sleep for all sleep times, including naps.



- ▶ **Room share**—keep baby's sleep area in the *same* room next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.



- ▶ Use a **firm sleep surface**, such as a mattress in a safety-approved* crib, bassinet, or portable play area, covered by a fitted sheet.



- ▶ Keep soft objects, toys, pillows, crib bumpers, and loose bedding **out of your baby's sleep area**.



- ▶ **Don't let baby get too hot during sleep.** Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.

*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas: <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>



NIH

Eunice Kennedy Shriver National Institute of Child Health and Human Development



WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...

Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...

The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

Parental Resilience

Exercise Flexibility

& Develop your inner strength

Social Connections

Make a friend

Knowledge of Parenting & Child Development

Learn to be your child's expert

Concrete Support in Times of Need

Ask for help

Social & Emotional Competence of Children

Give your child words to express how they feel

GRANT FOR THE STUDY
OF SOCIAL RESILIENCE

strengthening families

A PROTECTIVE FACTORS INITIATIVE

Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) to prevent child abuse and neglect by building five protective factors.



Charlevoix, Emmet,
Northern Antrim Counties

What Makes Your Family Strong? campaign created by:
The Great Start Collaborative of Charlevoix,
Emmet, & Northern Antrim Counties.
www.whatmakesyourfamilystrong.org



Endorsed by
The National Alliance of Children's Trust and Prevention Funds
Please see our website for additional training opportunities and materials
www.cfafalliance.org

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Mar 30 - Apr 05

Monday, Mar 30		Tuesday, Mar 31	
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Apr 06 - Apr 12

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Friday, Apr 10		Sat, Apr 11	Sun, Apr 12
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Apr 13 - Apr 19

Monday, Apr 13		Tuesday, Apr 14	
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Apr 20 - Apr 26

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Cedar County Public Health

400 Cedar St. Tipton, IA 52772

Phone: 563-886-2226

Fax: 563-886-1218

www.cedarcounty.org

Public Health
Prevent. Promote. Protect.

PUBLIC HEALTH SERVICES

IMMUNIZATIONS

- Free vaccinations for children who are uninsured or underinsured (Donations of \$5 per injection are accepted, but not required)
- Some adult immunizations are available
- Influenza injections for adults & children
- Appointments are recommended

LEAD PREVENTION

- Free lead screening available for children 6 years of age and younger.
- Education, case management, reminders

TOBACCO PREVENTION

- Surveillance of nicotine products
- Promotion of Quitline Iowa
- Education to schools and businesses
- Technical assistance with policy changes

OTHER SERVICES

Emergency Preparedness, radon education and test kits, injury prevention, foodborne illness investigation, communicable disease surveillance, senior foot health clinics.

HOME HEALTH SERVICES

SKILLED NURSING

- Observation, assessment, management, evaluation and education
- Rehabilitation services
- Medication management

HOME CARE AIDE

- Assistance with activities of daily living such as bathing, dressing, hair care & skin care
- Assistance with transfers, ambulation, rehabilitation and exercise therapy

HOMEMAKER

- Light housekeeping, food preparation, household organization
- Assistance with meal planning, laundry and budgeting
- Occasional transportation within county
- Some respite care is available

LOAN EQUIPMENT

Some medical equipment is available for loan to Cedar County residents, based on availability. Please call for details.

10 Principles for Parenting Your Teen

- Healthy Teen Development



1

Remember, parents matter. Make a difference in the life of your teen by providing guidance and support. At times, it may seem like your teen does not want you around. However, your child really does need you and needs to know you care.

2

Stay warm and close. It's impossible to love your teen too much. Spoil your teen with love and support every day. Spend time together at meals, and remember to say, "I love you."

3

Stay involved with your teen's life. Ask questions about schoolwork and friends, and attend your teen's extracurricular activities. Teens need to know you are interested in them just as much now as you were when they were younger.

4

Set limits and provide structure. Clearly communicate your expectations to your teen. Rules and expectations should change throughout your child's life, but children of all ages need clear rules.

5

Enforce rules and consequences. Let your teen know what the consequences of breaking rules will be ahead of time. Follow through on enforcing punishments.

6

Be consistent. Parents should discuss and agree on basic parenting principles for guiding their children. Then, be consistent each day and in every situation. Mixed messages from parents can lead to frustration for both parents and children. Children need consistency to help them structure their lives.

7

Explain yourself and engage your teen in decisions and conversations. Discuss the reasons for rules and consequences with your teen. This does not mean that the rules or consequences will change, but it will help your teen understand your reasons and respect you. Teens don't respect authority when it seems arbitrary.

8

Don't use harsh discipline. Harsh discipline, like yelling or slapping, is not an effective long-term approach to discipline. Do not discipline your teen when you are angry. Instead, make arrangements to talk to your teen at a later time when wisdom and good judgment, not anger, will guide your discipline choices.

9

Treat your teen with respect. Your teen is growing up. Acknowledge your teen's increasing independence and ability to make decisions. Guide your teen in making positive choices, but realize that he or she will make mistakes.

10

Understand adolescence is a period of change—for parents and children. As a parent, you are changing as you develop new information and skills to help guide your teen. Your teen is changing physically, emotionally, and cognitively. Look for resources to help you understand the changes your teen is going through. Such resources include your local Cooperative Extension office, other parents of teens, and books. Remember, your relationship with your teen is changing, not ending.

Additional Resource: Steinberg, Laurence and Ann Levine. *You and Your Adolescent: A Parent's Guide for Ages 10 to 20*. New York: HarperPerennial, 1997.

This publication is based on the video "Parenting Your Teen," produced by Iowa State University Extension, and featuring Laurence Steinberg, Ph.D., Distinguished University Professor and Laura H. Carnell Professor of Psychology, Temple University, Philadelphia, Pennsylvania, from an ISU Extension satellite uplink October 17, 2002. Written by Kimberly Greder, associate professor, human development and family studies, and family life extension and outreach state specialist, and Shannon Sayer, graduate assistant.

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May 2020

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May 04 - May 10

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May 11 - May 17

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May 18 - May 24

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age appropriate CHORES

2-3 YEARS

- *make bed
- *pick up toys and books
- *put laundry in hamper
- *help feed pets
- *help wipe up messes
- *dust (put socks on hands)

4-5 YEARS

- *clear/set table
- *load dishwasher
- *empty silverware from dishwasher
- *take laundry to laundry room
- *match socks & fold
- *put away laundry
- *straighten room
- *get the newspaper/mail

6-8 YEARS

- *empty dishwasher
- *clean bathroom sinks & counters
- *sort laundry by colors
- *help pack school lunches
- *pull weeds & rake leaves
- *water plants/flowers
- *collect trash from wastebaskets

9-11 YEARS

- *clean toilets
- *take trash to curb
- *vacuum
- *mop floors
- *mow grass
- *food preparation (wash, cut, dice, measure)
- *walk pet

12+

- *baby-sit siblings
- *wash windows
- *iron
- *clean interior/exterior of car
- *cook simple meals
- *laundry
- *clean refrigerator
- *make grocery list



Tipton Adaptive Daycare

Quality, Professional Child Care for
Children of All Needs and Abilities.



Call us today! 563-886-3143

Are you having trouble finding a child care provider that can meet your child's needs? We have the skills and training to care for children with special needs. Call today to reserve your child's space.

Tipton Adaptive Daycare offers care for children with special medical needs or disabilities in an integrated environment with their non-disabled peers. We also provide services for children with behavioral or psychological needs. Though the daycare is considered a special needs daycare, many of children that attend the daycare do not have special needs. We offer full time, half-time and drop-in care for children from 2 weeks through 18 years of age. We also offer morning preschool classes for children aged 2 to 5 years.

www.tiptonadaptivedaycare.com

June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
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Jun 01 - Jun 07

Monday, Jun 01		Tuesday, Jun 02	
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Friday, Jun 05		Sat, Jun 06	Sun, Jun 07
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Jun 08 - Jun 14

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Jun 15 - Jun 21

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Jun 22 - Jun 28

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UnityPoint Health
Trinity Muscatine

Trinity Muscatine Public Health
1609 Cedar Street
Muscatine, Iowa 52761
563-263-0122

Healthy mental development in the first five years

1st Five is an early childhood service to build partnerships between primary care provider practices and public service providers to enhance high quality well-child care. **1st Five** is a NO COST service program funded by the Iowa Department of Public Health. Local **1st Five** services are available through

Trinity Muscatine Public Health.

Do you have concerns about your child's ability to control and express their emotions?

Do you have concerns about your child's ability to explore and learn from their environment?



Do you have concerns about your child's ability to form close relationships with other children and adults?

If you answered YES to any of these questions, talk to your child's doctor. Ask for a developmental screening.

Only 1 in 6 children with a developmental concern are identified before starting school. **1st Five** connects young children to community resources to support healthy development!

**Trinity Muscatine Public Health 1st Five Program covers
Muscatine, Cedar, and Louisa Counties.
563-263-0122**

Parenting isn't easy but we can
always **STOP.** > **BREATHE.** > **TALK.**

STOP.

> Take a moment to think about how you really want to respond to your child.

BREATHE.

> Consider what is happening with your emotions. Take a deep breath or two to calm down.

TALK.

> Once you have gathered your thoughts, be intentional with your words to help guide your child toward the outcome you really want.

July 2020

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Jun 29 - Jul 05

Monday, Jun 29		Tuesday, Jun 30	
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Jul 06 - Jul 12

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Jul 13 - Jul 19

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Jul 20 - Jul 26

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Jul 27 - Aug 02

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Friday, Jul 31		Sat, Aug 01	Sun, Aug 02
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5:00 p			

USDA Rural Development Finance Programs Help with Housing and Home Repair Needs

Contact USDA Rural Development today to learn about many housing programs for rural lowans.

Loan and grant program to help make essential home repairs.



Rental assistance for qualifying households living in USDA Rural Development–financed apartment complexes. Find an apartment at http://rdmfhrentals.sc.egov.usda.gov/RDMFHRentals/select_state.jsp

Low-interest home loan programs featuring no down payment, 33-year loan, low, fixed interest rate and quick processing time.

Homes must be in a rural community or area with a population of 20,000 or less. Must meet income-eligibility guidelines.

Contact USDA Rural Development Home Repairs and Apartments

(563) 886-6006 Ext. 4 or renee.crock@ia.usda.gov

Home Purchases

(515) 284-4444 or DirectIA@ia.usda.gov

www.rd.usda.gov/ia



Equal Housing Opportunity

USDA is an equal opportunity provider and employer.

Child Care Weather Watch

Wind-Chill Factor Chart (in Fahrenheit)									
Wind Speed in mph									
Temp	0	5	10	15	20	25	30	35	40
40	40	36	34	32	30	29	28	28	27
30	30	25	21	19	17	16	15	14	13
20	20	13	9	6	4	3	1	0	-1
10	10	1	-4	-7	-9	-11	-12	-14	-15
0	0	-11	-16	-19	-22	-24	-26	-27	-29
-10	-10	-22	-28	-32	-35	-37	-39	-41	-43

	Comfortable for outdoor play
	Caution
	Danger

Heat Index Chart (In Fahrenheit %)						
	Relative Humidity (Percent)					
Temp	40%-50%	55%	60%-65%	70%-90%	95%	100%
80	80-81	81	82	83-86	86	87
84	83-85	86	88-89	90-98	100	103
90	91-95	97	100-103	105-122	127	132
94	97-103	106	110-114	119-135		
100	109-118	124	129-130			
104	119-131	137				

Resource: Child Care Weather Watch, Iowa Department Public Health, Healthy Child Care Iowa
 Wind-Chill and Heat Index information is from the National Weather Service.

August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Aug 03 - Aug 09

Monday, Aug 03		Tuesday, Aug 04	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Aug 05		Thursday, Aug 06	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Aug 07		Sat, Aug 08	Sun, Aug 09
8:00 a			
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5:00 p			

Aug 10 - Aug 16

Monday, Aug 10		Tuesday, Aug 11	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Aug 12		Thursday, Aug 13	
8:00 a			8:00 a
9:00 a			9:00 a
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11:00 a			11:00 a
12:00 p			12:00 p
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2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
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Friday, Aug 14		Sat, Aug 15	Sun, Aug 16
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Aug 17 - Aug 23

Monday, Aug 17		Tuesday, Aug 18	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Aug 19		Thursday, Aug 20	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
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Friday, Aug 21		Sat, Aug 22	Sun, Aug 23
8:00 a			
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10:00 a			
11:00 a			
12:00 p			
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Aug 24 - Aug 30

Monday, Aug 24		Tuesday, Aug 25	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
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Wednesday, Aug 26		Thursday, Aug 27	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
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Friday, Aug 28		Sat, Aug 29	Sun, Aug 30
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JONES REGIONAL MEDICAL CENTER



Health care close to home.

UnityPoint Health provides high-quality health care to Cedar County and the surrounding rural communities.

Family Medicine

For school physicals, well checks and more, we have family medicine clinics conveniently located in Tipton and Clarence. To find a provider, visit unitypoint.org/findadr.



**Jones Regional Medical Center
Family Medicine - Tipton**
1412 Cedar Street, Tipton
(563) 886-2182

**Jones Regional Medical Center
Family Medicine - Clarence**
411 1st Avenue, Clarence
(563) 452-3211

Urgent Care

Skilled, convenient and affordable care for a wide range of non-life threatening conditions. Open after hours, weekends and holidays. Monday - Friday 8 a.m. - 8 p.m. and weekends 8 a.m. - 3 p.m.

**Jones Regional Medical Center
Urgent Care - Anamosa**
1795 Hwy. 64 East | Anamosa
(319) 481-6291

Emergency

Open every day and night of the year, our ER team has the experience and expertise to handle any emergency. Additionally, in non-critical cases, patients wait an average of just two minutes to see a physician.

**Jones Regional Medical Center
Emergency Department**
1795 Hwy. 64 East | Anamosa, IA
(319) 462-6131

unitypoint.org/anamosa



UnityPoint Health
Jones Regional Medical Center



Cedar/Jones Early Childhood Iowa

*Serving families with children ages 0-5
in Cedar & Jones Counties*

There are approximately 2000 days between birth and the first day of kindergarten. The first 2000 days of a child's life can have a profound and lifelong impact on physical and emotional well-being, readiness to learn and succeed, and ability to become a productive citizen.



“Early Childhood Iowa is a state funded initiative that creates partnerships between communities and state government committed to improving the well-being of young children and their families.

The goal is to empower communities to work together at the grass roots level offering support to the area's youngest children and their families.

Early Childhood Iowa focuses on children ages pre-birth through five years, with emphasis on school readiness, health, and well-being.”

For more information, contact:
Cedar/Jones Early Childhood Iowa
Sherri Hunt, Director
319-551-3402
sherri.hunt@co.jones.ia.us
www.cedar-jones-earlychildhoodiowa.org

September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Aug 31 - Sep 06

Monday, Aug 31		Tuesday, Sep 01	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Sep 02		Thursday, Sep 03	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
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Friday, Sep 04		Sat, Sep 05	Sun, Sep 06
8:00 a			
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12:00 p			
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Sep 07 - Sep 13

Monday, Sep 07		Tuesday, Sep 08	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Sep 09		Thursday, Sep 10	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
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2:00 p			2:00 p
3:00 p			3:00 p
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Friday, Sep 11		Sat, Sep 12	Sun, Sep 13
8:00 a			
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12:00 p			
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Sep 14 - Sep 20

Monday, Sep 14		Tuesday, Sep 15	
8:00 a			8:00 a
9:00 a			9:00 a
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11:00 a			11:00 a
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3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Sep 16		Thursday, Sep 17	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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2:00 p			2:00 p
3:00 p			3:00 p
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Friday, Sep 18		Sat, Sep 19	Sun, Sep 20
8:00 a			
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Sep 21 - Sep 27

Monday, Sep 21		Tuesday, Sep 22	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Sep 23		Thursday, Sep 24	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
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Friday, Sep 25		Sat, Sep 26	Sun, Sep 27
8:00 a			
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12:00 p			
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Sep 28 - Oct 04

Monday, Sep 28		Tuesday, Sep 29	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
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Wednesday, Sep 30		Thursday, Oct 01	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
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Friday, Oct 02		Sat, Oct 03	Sun, Oct 04
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BUY EAT LIVE HEALTHY

Connect with your family during mealtimes with these conversation suggestions.

For Adolescents:

- Describe a funny or silly thing that happened to you today?
Describe una cosa Graciosa que te ocurrió a tu hoy.
- Describe something you are planning to do in the future.
Describe algo que vas a hacer en el futuro

For Kids:

- What makes somebody a good friend? ¿Que' son las características que representan un buen amigo?
- If you could travel anywhere in the world, where would you go? ¿Si pudieras viajar a cualquier lugar en todo del mundo, dónde irías?

For Tots:

- What kinds of foods do you like to eat best?
¿Qué son tus comidas favoritas?
- What made you smile today? Why? ¿Qué te hizo sonreír hoy?
¿Porque?

For the whole family

- Tell me about a time when you really had fun with your family.
Habla de alguna ocasión cuando te divertiste con tu familia.
- What is the best thing for you to do when you feel sad?
¿Qué debes hacer cuando te sientas triste?

Find more conversation starters at:

<https://store.extension.iastate.edu/product/13882>

IOWA STATE UNIVERSITY
Extension and Outreach



The Parent Partner will:

- Work intensively with birth parents (parents of children in care) to promote engagement in case plan activities.
- Help maintain connections between parents and children while in out of home care.
- Share insight and understanding about their own personal experiences that may help the birth parents be successful in their own reunification efforts.
- Assist in the goal of reunification and/or the development of appropriate alternative permanent plans.
- Provide a sense of hope and inspiration to parents in the "system."
- Connect parents with resources.
- Provide encouragement, outreach and support



... You don't have to go through it alone.

We've been there...

Parent Partners are men and women who have been involved with the Department of Human Services (DHS) due to child protection issues. At one time, their children were removed from their primary care and have since been successfully reunified.

Often Parent Partners have had personal experience with domestic violence, substance abuse, and or mental health issues. It is these experiences that make Parent Partners so beneficial to families who are currently receiving DHS services due to child protection issues. Parent Partners are able to offer hope, realistic advice, and advocacy for families. Parent Partners are selected based upon their interpersonal skills, successes, and proven abilities to overcome obstacle, whose "life experiences" are seen as valued education.

Contact:

DAVID SELMON

Parent Partner Coordinator

Cedar, Des Moines, Henry, Lee, Louisa, and Muscatine Counties

319.209.0916

DavidS@cfiowa.org

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Oct 05 - Oct 11

Monday, Oct 05		Tuesday, Oct 06	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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Wednesday, Oct 07		Thursday, Oct 08	
8:00 a			8:00 a
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Friday, Oct 09		Sat, Oct 10	Sun, Oct 11
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Oct 12 - Oct 18

Monday, Oct 12		Tuesday, Oct 13	
8:00 a			8:00 a
9:00 a			9:00 a
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3:00 p			3:00 p
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Wednesday, Oct 14		Thursday, Oct 15	
8:00 a			8:00 a
9:00 a			9:00 a
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Friday, Oct 16		Sat, Oct 17	Sun, Oct 18
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Oct 19 - Oct 25

Monday, Oct 19		Tuesday, Oct 20	
8:00 a			8:00 a
9:00 a			9:00 a
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Wednesday, Oct 21		Thursday, Oct 22	
8:00 a			8:00 a
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Friday, Oct 23		Sat, Oct 24	Sun, Oct 25
8:00 a			
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Oct 26 - Nov 01

Monday, Oct 26		Tuesday, Oct 27	
8:00 a			8:00 a
9:00 a			9:00 a
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Wednesday, Oct 28		Thursday, Oct 29	
8:00 a			8:00 a
9:00 a			9:00 a
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Friday, Oct 30		Sat, Oct 31	Sun, Nov 01
8:00 a			
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October is Domestic Violence Awareness Month.

If you or someone you know is in a domestic violence relationship,
please reach out for help!

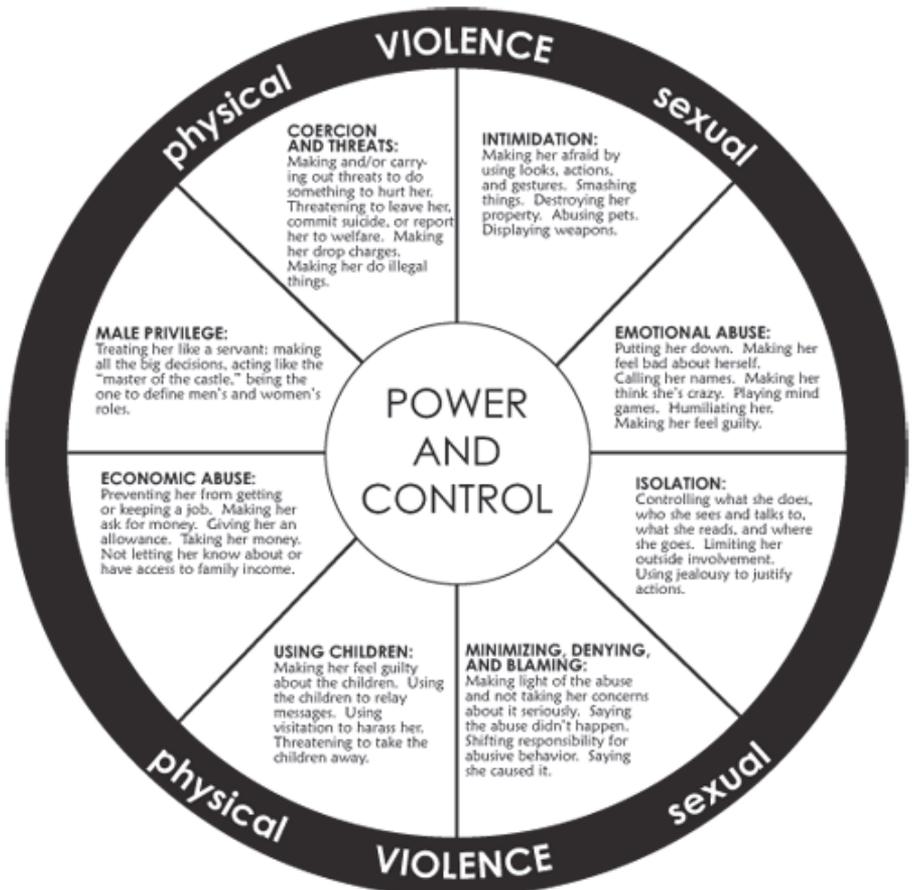
Cedar County:

Domestic Violence Intervention Program (DVIP)

1105 S. Gilbert Ct.

Iowa City, IA 52240

24 Hour Crisis and Support line 1-800-373-1043



*Resource National Center on Domestic and Sexual Violence, www.ncdsv.org



P R E L U D E
BEHAVIORAL SERVICES

preludeiowa.org

Finding the right treatment program for you or your loved one can be a difficult and emotional process.

With 47 years of behavioral health and addiction experience, Prelude offers effective, compassionate programs for the whole family.

**Substance Abuse
Mental Health
Problem Gambling**

Cedar County Office
216 West 6th Street
Tipton, Iowa
563-886-3468

We answer our phone 24 hours a day, 365 days a year.
319-351-4357 (Iowa City)

Destroying addictions.

Restoring families.

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Nov 02 - Nov 08

Monday, Nov 02		Tuesday, Nov 03	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
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2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Nov 04		Thursday, Nov 05	
8:00 a			8:00 a
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10:00 a			10:00 a
11:00 a			11:00 a
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Friday, Nov 06		Sat, Nov 07	Sun, Nov 08
8:00 a			
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10:00 a			
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Nov 09 - Nov 15

Monday, Nov 09		Tuesday, Nov 10	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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3:00 p			3:00 p
4:00 p			4:00 p
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Wednesday, Nov 11		Thursday, Nov 12	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
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Friday, Nov 13		Sat, Nov 14	Sun, Nov 15
8:00 a			
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10:00 a			
11:00 a			
12:00 p			
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5:00 p			

Nov 16 - Nov 22

Monday, Nov 16		Tuesday, Nov 17	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Nov 18		Thursday, Nov 19	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Nov 20		Sat, Nov 21	Sun, Nov 22
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
3:00 p			
4:00 p			
5:00 p			

Nov 23 - Nov 29

Monday, Nov 23		Tuesday, Nov 24	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Nov 25		Thursday, Nov 26	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Nov 27		Sat, Nov 28	Sun, Nov 29
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
3:00 p			
4:00 p			
5:00 p			

Preschool

Research says play develops empathy and boosts academic performance.

Engage in play to boost learning.



PRESCHOOL

PARENTS NEED SUPPORT, TOO!



LSI's free **Parents as Teachers** home visiting program provides compassionate support and insightful education for parents, from pregnancy up to age 4.



Call 319.462.5318 to learn more!

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Nov 30 - Dec 06

Monday, Nov 30		Tuesday, Dec 01	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Dec 02		Thursday, Dec 03	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Dec 04		Sat, Dec 05	Sun, Dec 06
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
3:00 p			
4:00 p			
5:00 p			

Dec 07 - Dec 13

Monday, Dec 07		Tuesday, Dec 08	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Dec 09		Thursday, Dec 10	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Dec 11		Sat, Dec 12	Sun, Dec 13
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
3:00 p			
4:00 p			
5:00 p			

Dec 14 - Dec 20

Monday, Dec 14		Tuesday, Dec 15	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Dec 16		Thursday, Dec 17	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Dec 18		Sat, Dec 19	Sun, Dec 20
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
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2:00 p			
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5:00 p			

Dec 21 - Dec 27

Monday, Dec 21		Tuesday, Dec 22	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Dec 23		Thursday, Dec 24	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Dec 25		Sat, Dec 26	Sun, Dec 27
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
3:00 p			
4:00 p			
5:00 p			

Dec 28 - Jan 03

Monday, Dec 28		Tuesday, Dec 29	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Wednesday, Dec 30		Thursday, Dec 31	
8:00 a			8:00 a
9:00 a			9:00 a
10:00 a			10:00 a
11:00 a			11:00 a
12:00 p			12:00 p
1:00 p			1:00 p
2:00 p			2:00 p
3:00 p			3:00 p
4:00 p			4:00 p
5:00 p			5:00 p

Friday, Jan 01		Sat, Jan 02	Sun, Jan 03
8:00 a			
9:00 a			
10:00 a			
11:00 a			
12:00 p			
1:00 p			
2:00 p			
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4:00 p			
5:00 p			



Helping your children develop the language skills they need to be ready for kindergarten

RED AHEAD services available at Tipton WIC visits on the 4th Wednesday of each month.

HOW IT WORKS

- ▶ Add RED Ahead to your normal Tipton WIC visits. An extra 5 to 10 minutes is all it takes.
- ▶ At each visit, you will get information about activities you can do to help build your child's language skills. You will also get a free book for your children in the program.
- ▶ Learn how to help your child grow a love for reading.
- ▶ If you have other children under age 5, they can also be in RED Ahead too!

Talk to your Early Literacy Specialist at your next WIC appointment in Tipton to sign up or contact our Program Manager at (319) 329-3471



Hawkeye Area
Community Action
Program, Inc.



United Way
of East Central Iowa

Cedar County Resources

Please call United Way at 211 or 866-469-2211 for further resources or go to www.lmcresources.org.

After School Programs

Before and After School Program – Bennett School	563-890-2226
Cracker Box Kids- Durant	563-785-6744
Kids Club- West Branch	319-643-7447
Knight Club – Mechanicsville Elementary	563-432-6933
Knight Club – Lowden	563-941-7790
Tiger Club – Tipton	563-886-3243
Tipton Adaptive Day Care	563-886-3556

Clothing and Household Items– please call ahead for hours and availability

Clothing Closet - Wilton	563-732-2723
Community Action Coats for Kids	563-275-4315
Community Hope Chest – West Branch	319-643-5998
Crowded Closet – Tipton	319-360-2864
Necessity Pantry – Lutheran Services in Iowa, Tipton	563-886-6773
The Clothing Closet – Clarence	563-452-3947
Swaddling Clothes – Lowden	563-370-2674

Dental

I-Smile Program	563-264-9156
Donated Dental Services	800-985-0034

Disability Services

Access 2 Independence	319-338-3870
Cedar County Case Management	563-886-1726
Heritage Area Agency on Aging/ADRC	800-332-5984
Iowa Compass	800-779-2001
Systems Unlimited	563-886-3500
Tipton Adaptive Daycare	563-886-3556

Driver's License – Call ahead for hours

Department of Motor Vehicles	563-886-2557
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Early Childhood – Childcare

Early Childhood Iowa	319-551-3402
Child Care Resource and Referral	563-244-5301

Early Childhood – Preschools

Bennett Community School District	563-890-2226
Durant Community School District	563-785-4432
Head Start/Home Based Early Head Start	563-275-4330
Little Friends Preschool - Tipton	563-886-2331
Little Knights - Lowden	563-941-7790
North Cedar Preschool – Lowden	563-941-5383
North Cedar Preschool – Mechanicsville	563-432-6933
Sycamore Learning Center – Tipton	563-886-3243
Tiny Tigers – Tipton Community School	563-886-6121
West Branch Community Early Learning Center	319-643-7447
West Branch Elementary	319-643-7228

Early Childhood – Development/Support

Car Seat Safety Checks	563-886-2226
Cedar County Preschool Scholarship Program	319-551-3402
Child Care Alliance Response Team (CART)	800-332-8488 Ext 6746
Child Care Nurse Consultant – HACAP	319-538-4458
Department of Human Services	563-263-9302
Early Childhood Iowa	319-55-3402
First Five – Trinity Muscatine Public Health	563-263-0122
Healthy Child Care Iowa Talk line	800-369-2229
Iowa KidSight – Contact local Lions Club or	319-353-7616
Lutheran Services in Iowa	563-886-6773
Red Ahead	319-329-3471

Education - Secondary

Bennett Community School District PreK-6th	563-890-2226
Durant Community School District PreK-12 th	563-785-4432
North Cedar Community Schools PreK-12 th	563-452-3511
Tipton Community Schools PreK-12 th	563-886-6121
West Branch Community Schools PreK-12 th	319-643-7213

Education – Post Secondary/Adult

Child Care Resource and Referral	563-244-5301
ISU Extension and Outreach - Cedar County	563-886-6157
Community Action of Eastern Iowa	563-324-3236 Ext. 1377
Kirkwood Community College - Cedar County Center	563-886-3101

Employment

ExperienceWorks	319-505-3243
IowaWorks – Cedar Rapids	319-365-9474
IowaWorks – Iowa City	319-351-1035
Kirkwood Community College Cedar Employment	563-886-6076
Iowa Vocational Rehabilitation Services	319-354-476

Family Support

Abbe Mental Health	563-886-2405
Access 2 Independence	319-338-3870
Answerline	800-262-3804
BACA (Bikers Against Child Abuse)	563-284-2131
BETS Off	800-238-7633
Bethany Family Support Services	563-262-9401
Big Brothers Big Sisters	563-263-9996
Cedar County Case Management	563-886-1726
Cedar County Community Partnerships for Protecting Children (CPPC)	563-886-6157
Cedar County General Assistance	563-886-1726
Early Childhood Iowa	319-551-3402
Eastern Iowa Mental Health Crisis Line	1-844-430-0375
Pediatric Integrated Health Program- CHSC	319-356-4248
Community Action of Eastern Iowa	563-886-3191
Department of Human Services	563-263-9302
Domestic Violence Intervention Program (DVIP)	319-326-0033 or 319-351-1043
Families Inc.	319-643-2532
Family Resources, Inc.	563-263-0067
Family Support Network	888-425-4371
Healthy Families 24/7 hotline	800-369-2229
Iowa Concern – Answered 24 hrs.	800-447-1985
ISU Extension and Outreach – Cedar County	563-886-6157
Lutheran Services in Iowa	563-886-6773
Mississippi Valley Child Protection Center	563-264-0580
Parent Partners	319-209-0916
Poison Control	800-222-1222
Prelude Behavioral Health Services	563-886-3468
Rape Victim Advocacy Program (RVAP)	319-335-6001
RVAP Crisis Line	319-335-6000
Teen Line	800-443-8336

Food Assistance – Call ahead for hours and eligibility

Back Pack Buddy	Contact local School
Calvary Foursquare Church	563-886-6418
Cedar County General Assistance	563-886-1726
Community Action of Eastern Iowa	563-275-4315
Department of Human Services	563-263-9302
Durant/Wilton Food Pantry	563-732-2461
HACAP Mobile Food Truck	319-393-7811
ISU Extension and Outreach – Cedar County	
Summer Food Program	563-886-6157
Lowden Food Pantry	563-941-5859
Lowden Zion UCC	563-941-7726
Mechanicsville Community Cupboard	563-432-7716
Shared Blessings	563-886-2331
SNAP (Supplemental Nutrition Assistance Program)	319-529-0566
St John’s UCC	563-452-3022
West Branch Food Pantry	319-643-2010 or 319-359-7834
Women, Infants and Children Food Assistance (WIC)	563-886-2226

Healthcare – Insurance

Hawk-I Insurance	800-257-8563
Medicaid	855-889-7985
Senior Health Insurance Information Page (SHIIP)	563-886-3293

Healthcare - Medical

Cedar County Public Health	563-886-2226
Genesis Health Group of Durant	563-785-4487
Mercy Family Medicine - Tipton	563-886-2195
Mercy Family Medicine – West Branch	319-643-2516
Unity Point Clinic Family Medicine – Clarence	563-452-3211
Unity Point Clinic Family Medicine - Tipton	563-886-2182

Housing Assistance

Access 2 Independence	319-338-3870
Cedar County General Assistance	563-886-2170
Community Action of Eastern Iowa	563-275-4315
Domestic Violence Prevention Program	800-373-1043
Eastern Iowa Regional Housing Authority (EIRHA)	800-942-4648

USDA - Rural Development 563-886-6006

Libraries/Computer Access – Call ahead for hours

Bennett Public Library 563-890-2238
Clarence Public Library - Clarence 563-452-3734
Durant Public Library 563-785-4725
ISU Extension and Outreach – Cedar County
Lending Library 563-886-6157
Lowden Public Library 563-941-7629
Mechanicsville Public Library 563-432-7135
Stanwood Public Library 563-942-3531
Tipton Public Library 563-886-6266
West Branch Public Library 319-643-2633

Screening and Child Development

First Five – Trinity Muscatine Public Health 563-263-0122
Grant Wood AEA 800-332-8488
Mississippi Bend AEA 800-947-2329

Transportation

River Bend Transit 563-386-1350
Volunteer Services of Cedar County 563-886-6076

Utilities

Cedar County General Assistance 563-886-1726
Community Action of Eastern Iowa – LIHEAP 563-275-4315

Veterans

Operation Home 319-739-0023
VA Homeless Outreach Center 309-786-1614
Veteran Affairs 563-886-2170

Youth Programs and Activities

Community Action of Eastern Iowa 563-275-4315
ISU Extension and Outreach – Cedar County 563-886-6157
The Gathering 563-889-1221
Tipton Parks and Rec 563-886-2271
West Branch Parks and Rec 319-643-4212

*If an immediate need arises please contact 911.

WHAT NOT TO SAY WHEN SOMEONE DISCLOSES ABUSE TO YOU:

BUT WAS IT REALLY ABUSE?

WHY?

WHAT DID YOU DO?

WHAT WERE YOU WEARING?

ARE YOU SURE?

WHY DIDN'T YOU TELL ME?

IT'S NOT THAT BAD

IT'S TIME TO GET OVER IT

DON'T LET IT DEFINE YOU.

WHAT WERE YOU DOING?

DID YOU TRY TO STOP IT?

WELL, AT LEAST....

WERE YOU BEING NAUGHTY?

I CAN'T EVEN IMAGINE. I WOULDN'T HAVE BEEN ABLE TO HANDLE IT.

INSTEAD:

Thank you for sharing with me.
I believe you.
It's not your fault.
I will help you.



Prairie Hills at Tipton **Assisted Living & Memory Care**

Private Apartments and Suites

Assistance with Activities of Daily Living

Delicious Meals, Activities,
Housekeeping, Laundry, and much
more!

Serving Seniors and Their Loved Ones

219 South Cedar Street
Tipton, Iowa 52772
563-886-1584



PRAIRIE HILLS
A SYMPHONY SENIOR LIVING COMMUNITY
TIPTON



For more information on becoming part of Cedar County CPPC please contact your county coordinator listed below.

Cedar

Dionne Daedlow

563-886-6157 or daedlow@iastate.edu