August 2019
WAPELLO COUNTY NEST
13011 120th Avenue, Ottumwa, IA 52501~641.682.5491

August Book

Check out books like this at the Ottumwa Public Library

DRESS UP CAN BE FUN FOR ALL

Does your child like to play dress up with their dolls? Here is a creative and fun way to take that outside. All you will need is sidewalk chalk, your kids clothes, and your kiddo.
Lay your kiddo on the ground (making sure its not too hot) and trace them. Then let them pick out fun and creative outfits for their life size, sidewalk friends! You can also let them draw fun faces on them too.

Look Before You Lock

As temperatures outside climb, the interior of vehicles rapidly reach dangerous temperatures. It takes just 10 minutes for a vehicle in the sun to heat up by 20 degrees and become potentially deadly. This means in the forecasted 95-degree heat, the interior of a vehicle can reach a lethal 115 degrees in the time it takes to run into the bank or gas station. Children are significantly more sensitive to heat stroke than adults. Infant and children’s body temperatures rise three to five times faster than that of adults experiencing the same temperatures. When a child is trapped in a hot vehicle, their body temperature will rise rapidly. Heat stroke begins when the core body temperature reaches 104. A core body temperature of 107 is fatal.

Source: Michigan State University Extension  http://www.msue.msu.edu

Free Events in August

Children's End of the Summer Reading Carnival
- August 9 (2-4 PM)
- Ottumwa Public Library

Preschool Story Time
- Every Friday in August (10:30 AM)
- Ottumwa Public Library

WaPelle County Nest Food Pantry

Hours:
- Tuesday (2:30-4:30 PM)
- Fridays (12:30-2:30 PM)

2019 Open Dates:
- August 13 & 16
- September 17 & 20
- October 15 & 18

Rules:
- Each family/household is allowed 1 visit per month.
- The pantry is ONLY opened during posted times. NO exceptions. Times and dates are subject to change.

Class Times Offered

Tuesday (English) 5:00-6:00 PM
Wednesday (English) 5:00-6:00 PM
Thursday (Spanish) 5:00-6:00 PM
Friday (English) 11:00 AM-12:00 PM

Individual/Group Support Discussion Time

Tuesday 3:30-5:00 PM
Wednesday 6:00-6:30 PM
Thursday 4:30-5:00 PM
Friday 10:30-11:00 AM
# August 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td><strong>Tuesday</strong>&lt;br&gt;Store Time 4:30-5 PM (English)</td>
<td><strong>Wednesday</strong>&lt;br&gt;Store Time 6-6:20 PM (English)</td>
<td><strong>Thursday</strong>&lt;br&gt;Store Time Contact Toni (Spanish)</td>
<td><strong>Friday</strong>&lt;br&gt;Store Time 10:30-11 AM (English)</td>
<td>1 Cooking Class 5:00-6:00 PM</td>
<td>2 Garden Bites Session 2 11:00-12:00 PM</td>
<td>3 Breastfeeding Awareness 10:00-12:00 PM Market On Main</td>
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<td>4</td>
<td>5</td>
<td>6 Look before you Lock 5:00-6:00 PM</td>
<td>7 Look before you Lock 5:00-6:00 PM</td>
<td>8 Family Storyteller review 5:00-6:00 PM</td>
<td>9 Look before you Lock 11:00-12:00 PM</td>
<td>10</td>
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<tr>
<td>11</td>
<td>12</td>
<td>13 Garden Bites Session 3 5:00-6:00 PM (Food Pantry)</td>
<td>14 Garden Bites Session 3 5:00-6:00 PM</td>
<td>15 Cooking Class 5:00-6:00 PM</td>
<td>16 Garden Bites Session 3 11:00-12:00 PM (Food Pantry)</td>
<td>17</td>
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<td>18</td>
<td>19</td>
<td>20 Parenting Piece by Piece Session 1 5:00-6:00 PM</td>
<td>21 Parenting Piece by Piece Session 1 5:00-6:00 PM</td>
<td>22 NO CLASS</td>
<td>23 Parenting Piece by Piece Session 1 11:00-12:00 PM</td>
<td>24</td>
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<td>25</td>
<td>26</td>
<td>27 Guest: Angie Mach Breastfeeding 5:00-6:00 PM</td>
<td>28 Guest: Angie Mach Breastfeeding 5:00-6:00 PM</td>
<td>29 Parenting Piece by Piece Session 1 5:00-6:00 PM</td>
<td>30 Guest: Angie Mach Breastfeeding 11:00-12:00 PM</td>
<td>31</td>
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**Cicely Lawrence**<br>NEST Coordinator<br>cicelyl@iastate.edu

**Toni Valdez**<br>NEST Program Assistant<br>tvaldez@iastate.edu or 980.4417

**Sandra Trejo**<br>NEST Program Assistant<br>trejo@iastate.edu