







November 2019 Nest Calendar

Class Locations:
 *OT WLOO = Operation Threshold, 1535 Lafayette St, Waterloo
 *YWCA=425 Lafayette St, Waterloo
 *OT Independence= 1827 First Street W, Independence
 *OT Grundy Center= 1606 G Ave Grundy Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5 	6	7 Parent and Tot Time Grundy Nest @ 10:00 am	8 Paths to ownership 10am @ 1st United	9
10	11	12 Mental Health Awareness 4-5:30 pm @ YWCA Meal and child care	13	14	15 Offsetting the cost, Affordable living 10am @ 1st United	16
17	18	19 Taking of care yourself is taking of your family 10am @ Unity Wellness Spanish Interpreter	20 Thanksgiving meal and Fall Craft- Grundy Nest @ 5:00 pm	21 	22 Family time is a special time 10am @ 1st United	23
24	25 	26 What's in a birthing plan 5:00pm @ YWCA Meal & child care	27 Growing your baby's Mind and Body 10am @ YWCA	28 HAPPY THANKSGIVING! Offices closed	29 —————→	30
					Questions? Contact the Nest Coordinator: 319-292-1805 OR 319-939-6219 Ljordan@operationthreshold.org	



What is Nest?

The Nest program is an incentive based program for income-eligible pregnant women, post-partum mothers, and families with children up to 5 years of age. Families can earn incentive points for healthy behaviors such as keeping doctor appointments and attending parent and preventative educational classes. The points are then redeemed for incentive items, items ranging from diapers, wipes, bathing supplies, baby clothes, car seats and educational books just to name a few.

What is literacy and why is it important : An informational discussion on literacy and how it translate to education and life, we will also be establishing some practices to help our children's literacy improve

Paths to ownership: Home ownership can be a celebratory milestone in many peoples lives, but the cost and credit can be a barrier.

Habitat for Humanity has made ownership possible for many families here in the cedar valley they will be telling us how

What's in a birthing plan: Like most things in life it's good to have a plan, birth is no different

Offsetting cost for Affordable living: For families that qualify, section 8 is a program that can help with the cost of rental housing, come out and see if qualify

Taking of care yourself is taking of your family: Tarelle Haskin, the owner of and fitness instructor at Unity wellness 140 S. Barclay, will give us a few tools to use and things to keep in mind when taking care of ourselves and our physical health

Growing your babies Mind and Body: What our baby eat is essential to how they grow, so why breast feeding is so important

Family time is a special time: There's a lot of ways to spend time bonding with your family, so take more than others but the easiest of them sometimes is just having a meal.

Office Days are the best times to check your points, stop in to place orders, turn in point sheets get enrolled and ask questions if you have any concerns.

Benton classes are in **Belle Plain**, **Grundy** are in **Grundy Center** and **Buchanan** are in **Independence**, you are welcome to attend any county and the point value will be the same.