




# May 2022 Nest Calendar

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

**\*CLASSES THIS MONTH WILL BE ON FACEBOOK LIVE THROUGH OUR NEST PAGE\***

Sun	Monday	Tuesday	WedNESTday☺	Thursday	Friday	Sat
1	2 	3	4 Rules, RULE! 12pm Facebook Live	5	6 WIC Class 10am Facebook Live	7
8	9 <b>Facebook Search: <u>The Nest Program Serving Black Hawk, Buchanan, &amp; Grundy Counties</u></b>	10	11 Fostering Self-Esteem in Children 12pm Facebook Live	12	13	14
15	16 <b>**Class topics are subject to change as time goes on** Will keep you updated on the Facebook page!</b>	17	18 Healthy Drinks, Healthy Kids 12pm Facebook Live	19	20 Nest 101 10am <b>**IN PERSON**</b> First United Methodist Church	21
22	23	24	25 Creating Abundance in Your Life 12pm Facebook Live	26	27	28
29	30 OFFICE CLOSED MEMORIAL DAY	31				

To view descriptions of classes listed above, please refer to the next page.

Questions?  
 Contact the Nest Coordinator:  
 Rachel Oberhauser  
 319-292-1805 OR 319-939-6219  
 roberhauser@operationthreshold.org



The Nest Program Serving Black Hawk, Buchanan, & Grundy Counties

## 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, and educational books just to name a few.

## Here's a summary of the classes this month: (On Facebook Live)

**Rules, RULE!:** In this class we will go over how to develop family rules in your household, and how family rules are different from “children’s rules”.

**WIC Class:** Alexis will be joining us to talk about WIC nutrition. Topics will vary each month.

**Fostering Self-Esteem in Children:** Learn ways to teach your children values, help them feel confident, and nurture their self-esteem.

**Healthy Drinks, Healthy Kids:** New beverage recommendations for children 5 and under, developed by [Healthy Eating Research](#) along with some of the nation’s leading experts on health and nutrition help parents make the best decisions for their family, every “sip” of the way!

**Nest 101:** Anyone wanting to enroll/reenroll can attend. We’ll go over some basics of Nest. Liberata will be there to help and translate.

**Creating Abundance in Your Life:** Imagine where you want to go financially, make a plan for getting there, and identify the skills you need to move forward.

***These online classes for the month will cover all counties (Black Hawk, Grundy, and Buchanan). Points will still be given as normal. You will need to fill out the survey that I post in the comments of the class in order to get your points. If you are not able to watch the class live, you can watch it afterwards to get points as long as you fill out the survey!***

**JOIN OUR FACEBOOK GROUP:**

**The Nest Program Serving Black  
Hawk, Buchanan, & Grundy Counties**