

## Childhood Immunization

Child & Adolescent Immunization Program provides barrier-free access to immunization services for children aged 2 months through 18 years and provides on-going immunizations education to the public and health care professionals in Carroll County.

All the vaccines for the Child & Adolescent Immunization Program is supplied through a federal program, Vaccines For Children (VFC).

## Childhood Lead Poisoning

The **Childhood Lead Poisoning Program** works with children age 6 and under to reduce the prevalence of lead poisoning in Audubon, Carroll, and Guthrie Counties and includes:

- Testing to identify lead-poisoned children.
- Providing medical and environmental case management to children identified as lead-poisoned.

## Healthy Pregnancy Program

### ENHANCED SUPPORT FOR MOM AND BABY



The Healthy Pregnancy Program provides education, resources and support to pregnant and postpartum women.

Funding disclaimer: This program/publication is funded by the Title V MCH Block Grant and Title XIX Funding.

Serving Audubon, Buena Vista, Carroll, Crawford, Greene, Guthrie and Sac Counties.

For more information call: 1-800-642-6330

If you have questions about any New Opportunities services, contact your local Outreach Center!

### Carroll County

23751 Hwy 30 East  
P.O. Box 427  
Carroll, IA 51401

Phone: 712-792-9266 Fax: 712-792-1956



### Audubon County

109 Tracy Street  
Audubon, IA 50025

Phone: 712-563-2777 Fax: 712-563-3017



### Calhoun County

334 Richmond Street  
Rockwell City, IA 50579

Phone: 712-297-7721 Fax: 712-297-9927



### Dallas County

2816 1st Ave.  
Perry, IA 50220

Phone: 515-465-5185 Fax: 515-465-5995



### Greene County

1401 N Elm, Suite A  
Jefferson, IA 50129

Phone: 515-386-2719 Fax: 515-386-3845



### Guthrie County

400 State Street  
P.O. Box 22  
Guthrie Center, IA 50115

Phone: 641-747-3845 Fax: 641-747-3269



### Sac County

1710 W. Main Street  
Sac City, IA 50583

Phone: 712-662-3236 Fax: 712-662-3593



### Free Clinic

Thursdays 3:30—6:30pm  
23751 Hwy 30, Carroll IA 51401



## Health Services Programs

*Providing  
Accessible,  
Affordable &  
Comprehensive  
care for  
over 40 years*



*New Opportunities,  
A Community Action Agency*

**Carroll Clinic Address:** 23751 Hwy 30  
P.O. Box 427  
Carroll, IA 51401

**Phone:** 1-800-642-6330

**Website:** [www.newopp.org](http://www.newopp.org)

**Let us know how we can assist you...**

# New Opportunities Health Services Program—Supporting Healthy Families

Iowa WIC—  
Women Infants & Children



## Gross Earnings

Family Size	Monthly	Yearly
1	\$2,096	\$25,142
2	\$2,823	\$33,874
3	\$3,551	\$42,606
4	\$4,279	\$51,338
5	\$5,006	\$60,070

## What are the benefits of WIC?

- Health services include nutrition education, breastfeeding promotion and support, checks to buy nutritious foods, immunization screening and referrals, and health and social services referrals.
- WIC nurses and dietitians meet with you to assess your diet and health history, provide nutrition counseling, and determine the best foods for you as well as store options.

## What foods can I get from WIC?

- Infants - can receive iron-fortified formula and, when age appropriate, baby foods, plain cereal and solid foods.
- Children age 1-5 - can receive milk, juice, cereal, eggs, peanut butter or dried beans, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Breastfeeding moms - can receive milk, cheese, juice, cereal, eggs, peanut butter and/or dried beans, tuna or salmon, whole wheat bread, tortillas, brown rice and oatmeal and fruits and vegetables.
- Pregnant and Postpartum moms - can receive milk, eggs, juice, peanut butter, dried beans, cereal, whole wheat bread, tortillas, brown rice or oatmeal and fruits and vegetables.



## WIC Locations:

**AUDUBON**-Audubon  
First Presbyterian Church  
301 Church Street  
Audubon, Iowa 50025

**BUENA VISTA**-Storm Lake  
Saint Mark Lutheran Church  
1614 W 5th Street  
Storm Lake, Iowa 50588

**CARROLL**- Central Office  
New Opportunities, Inc.  
23751 Hwy 30 E  
Carroll, Iowa 51401

**CRAWFORD**-Denison  
Broadway and Main Suites  
1231 Broadway, Suite 101-102  
Denison, Iowa 51442

**GREENE**-Jefferson  
United Methodist Church  
307 S. Wilson  
Jefferson, Iowa 50129

**GUTHRIE**-Guthrie Center  
Immanuel Lutheran Church  
713 N. 12<sup>th</sup> Street  
Guthrie Center, Iowa 50115

**SAC**-Sac City  
First Christian Church  
521 Park Ave.  
Sac City, Iowa 50583

## 1st Five

### What is 1st Five?

Iowa's 1st Five Healthy Mental Development Initiative builds partnerships between physician practices and public service providers to enhance high quality well-child care. 1st Five promotes the use of developmental tools that support healthy mental development for young children during the first five years. By using a tool for all children that includes social-emotional development and family risk factors, providers are able to identify children at risk for developmental concerns that, if left untreated, would play out later in life.



### Why 1st Five?

The foundations of mental health are set in the first five years of life. During these years, children rapidly develop social and emotional capacities that prepare them to be self-confident, trusting, empathetic, intellectually inquisitive, competent in using language to communicate and capable of relating well to others. These emotional skills form the foundation of a child's "healthy mental development" - to develop the ability to regulate and express emotions, form close personal relationship with other children and adults, and explore and learn from their environment. This social-emotional foundation also plays a key role in determining a child's school readiness.

### Who/where we serve:

New Opportunities Site Coordinator serves children from birth to 5 in Audubon, Buena Vista, Carroll, Crawford, Greene, Guthrie and Sac Counties. 1st Five works with local child health agencies operating in Iowa counties with participating medical practices.

*For more information contact the New Opportunities 1st Five Site Coordinator at: 1-800-642-6330*

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