

"Your present circumstances don't determine where you can go; they merely determine where you start" - Nido Qubein

# Royal Throne October 2022



## October is Head Start Awareness Month!

The Head Start model is built on evidence-based practices and is constantly changing to meet the needs of local communities.

### **FOUR major components to Head Start:**

**Education:** Using a variety of learning experiences to help children grow intellectually, socially, and emotionally.

**Health:** Providing or facilitating health services such as immunizations, dental, medical health, mental health, nutritional services, and early detection of health problems.

**Parent Involvement:** Parents serve on policy councils and committees that make administrative decisions, and volunteer in the Head Start program.

**Social Services:** Head Start provides outreach to families to determine what services would be beneficial.

If you have questions or want to enroll your child in Head Start, contact

**New Opportunities Head Start department at 712.792.9266**

## DEPRESSION

- One of the most common mental disorders in the United States.
- More than 17 million U.S. adults - over 7% of the population - had at least one major depressive episode in the past year.
- Currently the #1 cause of disability; depression is predicted to be the #1 global burden of disease by 2030.
- Approximately 35% of adults suffering from major depression in 2017 did not receive treatment.
- Approximately 60% of adolescents suffering from major depression in 2017 did not receive treatment.

**October is National Depression and Mental Health Screening Month.**

### **2022 - 2023 LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)**

### **& LOW-INCOME HOUSEHOLD WATER ASSISTANCE PROGRAM (LIHWAP)**



LIHEAP is a federally funded program that has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season.

#### **WHEN TO APPLY:**

Elderly (60 & over) and/or disabled

October 1, 2022 to April 30, 2023

All other households:

November 1, 2022 to April 30, 2023

#### **INCOME MAXIMUMS (200% POV)**

Household Size	Annual Gross Income
1	\$ 27,180
2	\$ 36,620
3	\$ 46,060
4	\$ 55,500
5	\$ 69,940
6	\$ 74,380
7	\$ 83,820
8	\$ 93,260

For family units with more than eight members, add \$9,440 annually, for each additional member.

#### **APPLY BY:**

In Person

Mail

Fax

Online



Applications are taken at the following locations: (must apply in the county you reside in)

Audubon County	109 Tracy St	Audubon, IA 50025	(712) 563-2777
Calhoun County	334 Richmond St	Rockwell City, IA 50579	(712) 297-7721
Carroll County	804 N Main St. PO Box 427	Carroll, IA 51401	(712) 792-9266
Dallas County	2816 1 <sup>st</sup> Avenue	Perry, IA 50220	(515) 465-5185
Greene County	1401 N Elm St Ste A	Jefferson, IA 50129	(515) 386-2719
Guthrie County	400 State St PO Box 22	Guthrie Center, IA 50115	(641) 747-3845
Sac County	1710 W Main St	Sac City, IA 50583	(712) 662-3236