

“Just be yourself. Let people see the real imperfect, flawed, quirkily, weird, beautiful, and magical person that you are” - Mandy Hale

Royal Throne February 2023



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

When to apply:

Elderly (60+) and/or disabled: October 1 -- April 30

All other households: November 1 -- April 30

Applications are taken at the below locations. You can apply In Person, by Mail, Fax or Online. Must apply in the county you reside in. During your LIHEAP appointment, be sure to ask the Outreach Coordinator in your county if you are eligible for our Weatherization Program.

Audubon County	109 Tracy Street	Audubon, IA 50025	712-563-2777
Calhoun County	334 Richmond Street	Rockwell City, IA 50579	712-297-7721
Carroll County	23751 HWY 30 PO Box 427	Carroll, IA 51401	712-792-9266
Dallas County	2816 1st Avenue	Perry, IA 50220	515-465-5185
Greene County	1401 N Elm Street, Suite A	Jefferson, IA 50129	515-386-2719
Guthrie County	400 State Street, PO Box 22	Guthrie Center, IA 50115	641-747-3845
Sac County	1710 W. Main Street	Sac City, IA 50583	712-662-3236

Income Maximums—FY23	
Household Size	LIHEAP, LIHWAP & Weatherization Annual 200% POV Gross Income
1	\$27,180
2	\$36,620
3	\$46,060
4	\$55,500
5	\$64,940
6	\$74,380
7	\$83,820
8	\$93,260
For households with more than eight members, add \$9,440 for each	



WAYS TO PRACTICE SELF-LOVE

IDENTIFY & CHALLENGE INTERNAL CRITIC
Once you've become familiar with your inner voice, you can stop negative thoughts in their tracks, look for the roots, and replace them with thoughts of self-love.

PRACTICE MINDFULNESS
Some ways to do this include journaling, yoga, and meditation.

CULTIVATE HEALTHY RELATIONSHIPS
Talk to your friends and family and/or seek professional help. Be sure to set boundaries.

PRACTICE SELF-CARE
Ways to do this include sleeping better, doing some physical activities such as yoga or walking, getting outside, having a spa day, and reading a book.

CLEAN EATING AND EXERCISE
Eating well, moving your body, and drinking plenty of water are essential to your mental health, overall well-being, and self-esteem.