

# October

**Early Head Start** 338 1<sup>st</sup> ST SE Dickinson ND 58601 [701-227-3010](tel:701-227-3010) Option #2

## CAR SEAT CHECK UP

OCTOBER 7<sup>TH</sup> 1:00PM-5:00PM CALL 701-227-3010 TO  
MAKE AN APPOINTMENT WITH JENNIFER

POLICY COUNCIL OCTOBER 13<sup>TH</sup>

**EHS CLOSED** OCTOBER 15<sup>TH</sup>

**EHS CLOSED** OCTOBER 22<sup>ND</sup>

**EHS CLOSED** OCTOBER 25<sup>TH</sup>

DENTAL DAY OCTOBER 28<sup>TH</sup>

## Dickinson Area Car Seat Check Up Event



**BY APPOINTMENT  
ONLY!**

Call Head Start @  
701-227-3010

*Please Bring Along with you:*

- Car seat Instructions
- Vehicle owner's manual
- Child using the car seat if possible

## 2021 Check Up Dates & Locations

<b>February 11, 2021</b>	<b>Sax Motor Company (52 21st St E)</b>	<b>1-5pm</b>
<b>April 8, 2021</b>	<b>Sax Motor Company (52 21st St E)</b>	<b>1-5pm</b>
<b>June 3, 2021</b>	<b>West River Ice Center (1865 Empire Road)</b>	<b>3-6pm</b>
<b>August 12, 2021</b>	<b>West River Ice Center (1865 Empire Road)</b>	<b>3-6pm</b>
<b>October 7, 2021</b>	<b>Sax Motor Company (52 21st St E)</b>	<b>1-5pm</b>
<b>December 4, 2021</b>	<b>Sax Motor Company (52 21st St E)</b>	<b>1-5pm</b>

**Education & hands on assistance will be provided with:**

- Installing the car seat correctly in your vehicle
- Securing the child safely in the car

**Your seat will be checked to be sure:**

- It is in good condition, meets federal standards & is not recalled
- It is appropriate for your child's age weight and height.

Sponsored by:

Head Start \* Dickinson Police Department \* North Dakota Highway Patrol \* Sax Motor Company \*  
\* Dickinson Parks and Recreation \* Stark County Sheriff's Office



# NORTH DAKOTA RENT HELP

ND RENT HELP REPLACED THE EMERGENCY RENT BRIDGE PROGRAM ON JUNE 1, 2021.

THIS PROGRAM CAN PROVIDE UP TO 12 MONTHS OF TEMPORARY RENTAL ASSISTANCE AND OTHER HOUSING SUPPORTS TO THOSE WHO QUALIFY.

## WHO QUALIFIES?

**NORTH DAKOTA RENTER HOUSEHOLDS WHO EARN NO MORE THAN 80% OF THE AREA MEDIAN INCOME.**

**HAS RECEIVED UNEMPLOYMENT OR HAS EXPERIENCED FINANCIAL HARDSHIP SINCE MARCH 13, 2020.**

**IS AT RISK OF HOMELESSNESS OR HOUSING INSTABILITY DUE TO DIFFICULTY AFFORDING HOUSING AND RELATED COSTS.**

## PRIORITY IS BEING GIVEN TO:

**HOUSEHOLDS EARNING 50% OF THE AREA MEDIAN INCOME OR LESS.**

**HOUSEHOLDS THAT INCLUDE A MEMBER WHO IS CURRENTLY UNEMPLOYED AND HAS BEEN UNEMPLOYED FOR 90 DAYS OR LONGER.**



**FOR APPLICATION ASSISTANCE, CONTACT  
COMMUNITY ACTION PARTNERSHIP  
202 EAST VILLARD \* DICKINSON, ND  
PH. (701)227-0131**

[www.dickinsoncap.org](http://www.dickinsoncap.org) or email [casemanager8@dickinsoncap.org](mailto:casemanager8@dickinsoncap.org)



*\*Serving Dunn, Billings, Golden Valley, Stark, Slope, Hettinger, Bowman and Adams Counties\**

## Low Income Home Energy Assistance Program

### Apply for LIHEAP IF:

- You are a home owner or renter and you pay your own heat bills.
- Your rent payment includes your cost of heat and you are not receiving housing assistance.

**Applications are accepted at your local Human Service Zone Office/ Social Services from October 1 through May 31** or until program funds are used up, whichever comes first. **For Billings, Dunn, Golden Valley, Hettinger, Stark counties contact Roughrider North Human Service Zone at 701-456-7675.**

**LIHEAP** helps eligible families with home heating costs. The program pays part of the cost of natural gas, electricity, propane, fuel oil, coal, wood, or other fuel sources.

Eligible household's adjusted income must fall within the eligibility limits listed below for the household size.

<u>Household Size</u>	<u>Income</u>
1	\$32,475
2	\$42,467
3	\$52,460
4	\$62,452
5	\$72,444
6	\$82,437





## Fire Safety Procedures for Children

### Make an [escape plan](#)

It is important to have a plan when there are children in your home. Children sometimes need help getting out of the house. They may not know how to escape or what to do unless an adult shows them.

- **Have a plan for young children who cannot get outside by themselves.** You will need to wake babies and very young children and help them get out. In your plan, talk about who will help each child get out safely.
- **It is important to find two ways out of every room in your home,** in case one exit is blocked or dangerous to use.
- **Choose a meeting place outside your home.** Children should know what to do when they hear a smoke alarm and there is no adult around. Help them practice going to the outside meeting place. Teach them to never go back inside a building that is on fire.



### Keep children safe from fire and burns

Some children are curious about fire. There are simple steps you can take to keep you and the people you love safer from fire and burns.



- **Keep children 3 feet away from anything that can get hot.** Space heaters and stove-tops can cause terrible burns. Keep children at least 3 feet away from stoves, heaters or anything that gets hot.
- **Keep smoking materials locked up in a high place.** Never leave cigarette lighters or matches where children can reach them.
- **Never play with lighters or matches when you are with your children.** Children may try to do the same things they see you do.



### When immediate evacuation is necessary, [follow these steps](#) as soon as possible!

1. Review your [Evacuation Plan Checklist](#).
2. Ensure your [Emergency Supply Kit/Evacuation Bag](#) is in your vehicle.
3. Cover-up to protect against heat and flying embers. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton is preferable.
4. Locate your pets and take them with you.
5. Put together your emergency supply kit long before a wildfire or other disaster occurs and keep it easily accessible so you can take it with you when you have to evacuate. Plan to be away from your home for an





extended period of time. Each person should have a readily accessible emergency supply kit. Backpacks work great for storing these items (except food and water) and are quick to grab. Storing food and water in a tub or chest on wheels will make it easier to transport. Keep it light enough to be able to lift it into your car. **Ensure you plan with COVID-19 in mind.**

### Emergency Supply Kit Checklist

- Face masks or coverings
- Three-day supply of non-perishable food and three gallons of water per person
- Map marked with at least two evacuation routes
- Prescriptions or special medications
- Change of clothing
- Extra eyeglasses or contact lenses
- An extra set of car keys, credit cards, cash or traveler's checks
- First aid kit
- Flashlight
- Battery-powered radio and extra batteries
- Sanitation supplies
- Copies of important documents (birth certificates, passports, etc.)
- Don't forget pet food and water!



### Items to take if time allows:

- Easily carried valuables
- Family photos and other irreplaceable items
- Personal computer information on hard drives and disks
- Chargers for cell phones, laptops, etc.

*Always keep a sturdy pair of shoes and a flashlight near your bed and handy in case of a sudden evacuation at night.*



**KIDS Halloween Party**  
**The Dickinson Area Public Library**  
**Saturday, October 30<sup>th</sup> 1:00PM - 4:00PM**



**6th Annual Trick or Trunk**

**October 31<sup>st</sup>**

**Downtown Dickinson**

**4PM - 6PM**





# GREAT PLAINS FOOD BANK

## Stark County

**AMEN Food Pantry** | 30 7th St. W -old St. Joe's Hospital – north side on 8th St. W – Door M | Dickinson | 483-4344 | Tuesday, Thursday – 2:00 pm – 4:00 pm  
MST <https://www.facebook.com/DickinsonAMENFoodPantry/>

**ANGEL 37 Kitchen\*** (Queen of Peace Church) | 725 12th Street W | Dickinson | 290-7559 | Tuesdays 6:00 pm – 7:00 pm MST <https://www.facebook.com/ANGEL37KITCHEN/>

## Adams County

**Adams County Food Pantry** | 609 2nd Ave. N | Hettinger | 701-567-4519 | 1st & 3rd Wednesdays 3:00 PM MST

## Bowman County

**Bowman Slope Community Cupboard** | 202 1st Ave. SE | Bowman | 440-0693 | 3rd Tues. 11:00 am – 12:00 pm MST, 3rd Wed. 3:00 pm – 5:00 pm  
MST <https://www.facebook.com/CommunityCupboard/>

## Dunn County

– **Dunn County Food Pantry** | 215 Central Ave. N. | Killdeer | 590-0246/ 290-0799 | 1st, 3rd, and 5th Wednesdays – 4:00 – 6:00 pm MST, 2nd Wednesday – 10:00 – 11:30 am  
MST <https://www.facebook.com/dunncountyfoodpantry/>

## Golden Valley County

– **Beach Food Pantry** | 55 1st St. SE | Beach | 872-3708 | Wednesdays – 1:00 pm – 3:00 pm  
MST <https://www.facebook.com/Beach-ND-Food-Pantry-108219454162382/>

## Slope County

– **Amidon Community Cupboard** | Corner of Court & Hwy 85 | Amidon | 701-523-5419 | Call to set up appointment

– **Salvation Army – Marmarth** | 209 N Main | Marmarth | 701-279-5818 | 1st & 3rd Tuesdays 1:30 – 2:30 pm MST

– **Belfield Medora Food Pantry** | 506 2nd Ave. NE | Belfield | 701-575-4405/701-559-5850 | Wednesdays 3:00 pm – 4:00 pm MST, 3rd Thursday -5:00 pm – 7:00 pm  
MST <https://www.facebook.com/BelfieldMedoraFoodPantry/>

Please call to ensure operating hours prior to going as changes may occur due to shortage of volunteers or their availability, weather and unforeseen circumstances. Up-dates may be posted on the website of your local Food Pantry site as well.