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HPWN Summer 2021 Newsletter

current topics >>>

Mental Health



Local contacts:

Community Action
Behavioral Health
Health Center Building
975 Crescent Drive
Gering, NE 69341
308-633-5766

Hours

Monday - Friday
8:00am to 5:00pm

24/7 Crisis line: 308-633-5766



How to beat the HEAT

Keeping cool when it's hot

Boy, are these days getting hot! Everyone seems to be enjoying the beautiful outdoors and the late evenings. Baseball is wrapping up and families are beginning to think about school starting up again. With all the activities, we sometimes forget to take care of ourselves, too.

Heat exhaustion is a serious condition. When high temperatures combined with high humidity, without proper hydration, can lead to heatstroke. Fortunately, heat exhaustion is preventable.

When going out in the heat try wearing loose fitting, light weight clothing. Drink plenty of fluids.

Symptoms of heat exhaustion include:

- Cool, moist skin with goose

bumps

- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

If you think you are experiencing heat exhaustion:

- Stop all activity and rest
- Move to a cooler place
- Drink cool water

“The summer night is like a perfection of thought.”

-Wallace Stevens



Food Bank now has 2 pick-up times!!



Thursday, July 29 from 4:30pm-5:30pm

&

Friday, July 30 from 11:30am – 12:30pm


Volunteers are always appreciated! Call the office, 308-632-0473, to find out how you can help.



School is around the corner >>>



**Gering Public Schools
21-22 Kick Off Schedule**



Elementary

- Geil Open House Thursday, August 12 5-7pm
- Lincoln Open House Thursday, August 12 5-7pm
- Northfield Open House Thursday, August 12 5-7pm

Gering Preschool
Open House Wednesday, August 11 5-7pm
Lincoln & Northfield

Gering Junior High

- 6th Grade Orientation: August 12th | 10am-Noon
- GJHS Open House: August 12th | 6:30-7:30 p.m.

Gering High School

- Freshman Orientation: August 12th | 9-11am
- WNCC/GHS Orientation: August 12th | 1-3pm @Harms Center - 2620 College Park Road
- **For students taking DUAL CREDIT COURSES INCLUDING those taught by a GPS instructor**
- GHS Open House: August 12th | 6-7pm
- Explore Career Pathways & Dual Credit info
- *Covid-19 Vaccines Available at GHS Open House*

BACK TO SCHOOL



Bearcat Bash!
AND FALL SPORTS KICKOFF

MONDAY, AUGUST 2
5:30-7:30 PM
SCOTTSBLUFF HIGH SCHOOL /FRANK PARK

Activities for kids!
Performances! Food!
Information for Parents!
Immunization Clinic!

SPONSORED BY:





Back to School

Do you need a little help with school supplies for the 2021-2022 school year?

Call CAPWN at 308-635-3089 or apply in person at 3350 10th St Gering NE

We will begin taking applications on Thursday July 1st thru Friday July 30th, 2021

PROOF OF INCOME IS REQUIRED

Find out how to donate by calling the United Way office at 308-635-2522 or CAPWN at 308-633-3236




COMMUNITY ACTION HEALTH CENTER
COMMUNITY ACTION PARTNERSHIP OF WESTERN NEBRASKA