

# Human Sciences Extension and Outreach

## REGION 10/11 NEWSLETTER

### COVID-19: Resources for You

The current COVID-19 pandemic is impacting Iowans in many ways: health, finances, relationships, education, and more. Human Sciences Extension and Outreach is committed to providing you with the most current, unbiased, research-based information for you and your family. Our newsletter this month highlights resources available to you.

#### [Finding Answers Now](#)

Features an ABUNDANCE of information, with multiple press releases and resources on the following topics:

- Stress
- Healthy Eating on a Budget
- Finance
- Food Safety
- Relationships
- Health and Wellbeing
- Parenting and Child Care

#### [Iowa Concern Hotline: 1-800-447-1985](#)

A confidential, free resource answered 24 hours a day, 7 days per week

#### [AnswerLine: 1-800-262-3804](#) (in Iowa)

Information and resources for consumers with home and family questions. Monday through Friday, 9 am - noon and 1- 4 pm.

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### Regions 10-11 Human Sciences Specialists

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Nutrition and Wellness: [Kelsey Salow](#)

Buy. Eat. Live Healthy:

Family Life: [Danielle Day](#)

Family Finance: [Phyllis Zalenski](#)

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### Online Events

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#### **Spend Smart. Eat Smart.** **(Facebook Live Events)**

[Make it Monday!](#) Featured Recipe Watch Party, Mondays at 10am

[Workout Wednesday!](#) Live Event, Wednesdays at 12pm

[Fit Fam Friday!](#) Exercise with Kids Live Event, Fridays at 10am

[Facebook Live Link](#)

#### **Science of Parenting Podcast** **(Facebook Live Events)**

Thursdays at 12:15pm

[Facebook Live Link](#)

[Past Blogs and Videos](#)

#### **Elevate Relationships**

Wednesdays, starting April 8  
12:30 pm - 1 pm

[News Release](#)

Drop in [via Zoom](#)

#### **Question. Persuade. Refer.**

*Suicide Crisis Response*

April 14, 15, 21, 28, 29, May 5, 6

For Agribusiness Professionals

May 12, 13, 19, 20, 26, 27

For First Responders

[QPR Registration Link](#)

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