

Human Sciences Extension and Outreach REGION 10/11 NEWSLETTER

Question. Persuade. Refer.

With the agricultural industry going through tough times the past several years, we know that our farmers are at risk for suicide. Human Sciences Extension and Outreach is addressing this issue facing Iowa, and the nation, by offering Question. Persuade. Refer. (QPR). This is a suicide gatekeeper training that trains individuals to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. During the months of April and May, due to the COVID-19 pandemic, QPR is being offered virtually. There is a total of 17 one-hour courses scheduled during this time. We encourage everyone to attend a class and better equip themselves to say “Yes” to saving the life of a friend, family member, colleague or neighbor. For more information reach out to Danielle Day at daday@iastate.edu, 641-229-6563, or visit the [website](#).

Financial Consultations

Iowa State University Extension Human Sciences financial educators are providing confidential individual conversations to assist Iowans experiencing financial challenges. We can talk through ideas and options to create or revise a budget, set priorities for bill payment, connect with community resources to stretch incomes and other personal financial issues—free of charge. Contact Phyllis Zalenski at 319-480-1106 or zalenski@iastate.edu. More information is on the Human Sciences Extension’s [Managing Personal Finances in Tough Times webpage](#).

Regions 10-11 Human Sciences Specialists

Nutrition and Wellness: [Kelsey Salow](#)
Buy. Eat. Live Healthy: [Paula Wood](#)
Family Life: [Danielle Day](#)
Family Finance: [Phyllis Zalenski](#)

Online Events

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 Videos](#)

Elevate Relationships

May 6, 13, 20, 27 [Connect Link](#)
Drop in from 12:30 - 1 pm

ITERS-3

For child care providers- FULL
May 11, 18, June 1, 8

Question. Persuade. Refer.

Suicide Crisis Response

May 5, 6, 7, 12, 13, 19- *FULL*

Open seats available on

May 14, 20, 21, 26, 27, 28

[QPR Registration Link](#)

Your Money, Your Goals

For social service providers

May 20 and 27

Link: <https://bit.ly/ymyq16052>

Food Preservation 101

May 28, 6:30 - 7:30pm

Link: <http://bit.ly/fp15752>

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, color, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran, or other protected classes. Direct inquiries to the Diversity Advisor, 515-294-1482, extdiversity@iastate.edu.