

Human Sciences Extension and Outreach Regions 11-12-20 NEWSLETTER

MEET YOUR REGIONAL SPECIALISTS



**Human Sciences Specialist
in Family Life**

**Barbara Dunn | Danielle Day
Swanson**



Barbara and Danielle facilitate learning experiences with individuals and groups to strengthen family relationships and build community capacity. Topics include early care and education; child development, early literacy, parenting, diversity education; intergenerational issues, caregiving and relationship education. Barb contributes to [Science of Parenting](#), a podcast/blog designed to support parents in their parenting journey. Danielle is certified to teach Question. Persuade. Refer. ([QPR](#)) Suicide Crisis Response. QPR is a suicide gatekeeper training that teaches the three simple steps of question, persuade and refer that anyone can learn to help save a life.



**Human Sciences Specialist
in Nutrition and Wellness**

Kelsey Salow | Vera Stokes



Kelsey and Vera provide leadership, delivery, and support for integrated content areas which include family nutrition and health, food safety, food preservation and wellness. Programming highlights for Kelsey include helping to create and present the new online [Food Preservation 101](#) class and teaching [ServSafe](#), a food safety certification program for food managers. Vera enjoys helping childcare providers learn how to incorporate healthy, affordable food choices and physical activities into each day by facilitating the [Childcare Nutrition Workshops](#).

August 2020

Upcoming Events

**Question. Persuade. Refer.
Suicide Crisis Response
ONLINE (General Public)**

Aug 4, 11, 18, 19, 25, 26

Aug 27 - Van Horne

[Registration](#)

**Early Childhood
Environmental Rating Scale
ONLINE**

Aug 3 - Aug 24

Sept 3 - Sept 24

Powerful Tools for Caregivers

Vinton Lutheran Home

Aug 26 - Sept 30

**Food Preservation 101
ONLINE**

Aug 20

Sept 10

[Registration](#)

ServSafe (class size limited)

Aug 25 - Bettendorf

Aug 25 - Dubuque

Aug 31 - Muscatine

Aug 31 - Cedar Rapids

Sept 15 - Manchester

Sept 22 - Cedar Rapids

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**Human Sciences Specialist
in Family Finance**

Phyllis Zalenski | Casey Codner



Phyllis and Casey are focused on helping individuals acquire knowledge and skills to build financial security. Individuals and families are empowered to manage resources effectively, make informed decisions, and increase assets. Two programs that special to Phyllis are [Small Change: Building Financial Security](#), a blended course in which educators gain knowledge and implement significant changes in both personal and professional financial practices and [Your Money, Your Goals](#), a workshop for social service professionals who are empowered to assist others with financial concerns. Both programs expand outreach to lowans through important partnerships. As the newest member of the team, Casey looks forward to being a contributing member of the Family Finance team.

Human Sciences Virtual Coffee and Conversation

Thursday, August 27, 1:00 pm – 2:15 pm

We're inviting anyone that is interested in learning more about Human Sciences Extension and Outreach and our new block team to participate in this informal, fun-filled event from Human Sciences Extension and Outreach. We will spend time getting acquainted with each other, exploring Human Sciences Extension and Outreach through an interactive game, discussing the Curriculum Review Process for Human Sciences and planning next steps for connecting as a new block team.

To join by ZOOM, please click this URL to start or join.

<https://iastate.zoom.us/j/96659039124?pwd=dDZDZ003amFSRWJMaTB6MG16Z0J1UT09>

Or, go to <https://iastate.zoom.us/join> and enter meeting ID: 966 5903 9124 and password: 713085

Upcoming Events

Making Ends Meet
Aug 4 - Davenport

What about Me? My Wellbeing
Online
Aug 3, 10, 17, 24

Human Sciences Virtual Coffee and Conversation
Aug 27

Find additional information about these and other events, visit the [Human Sciences Calendar](#).

For news releases visit:
www.extension.iastate.edu

HELPFUL RESOURCES
[Science of Parenting Podcasts](#)

[Spend Smart. Eat Smart.](#)

[AnswerLine](#)

[Iowa Concern Hotline](#)

[Finding Answers Now](#)

[ISU Extension and Outreach Blogs](#)