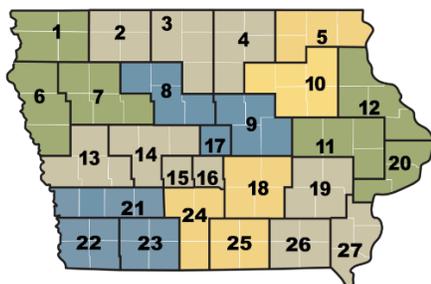


Human Sciences Extension and Outreach Regions 1, 6 and 7 News

Together ... Making a Difference for Iowans. #StrongIowa

Regions 1, 6 & 7 | September, October & November 2020

We're excited to serve in our new block including regions 1, 6 and 7.



Your Human Sciences Team

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A Little About Us

- A [team of 80+ human sciences faculty and staff](#) are committed to empowering people and growing lives.
- [Journey 2022](#) is our operational and strategic plan.
- The [Educational Offerings Life Cycle Process](#) is our guide for program development and curriculum review.
- [Community Chat](#) is our main tool for communication.
- Monthly [First Thursday webinars](#) are open to anyone – join us for professional development.

Upcoming Events

Coffee & Conversation Zoom

Sept. 24 | 9:00-10:15 a.m.

Child Care Trainings Online

Cent\$ible: Getting What You Want

Oct. 8 | 6:30-8:30 p.m.

Oct. 10 | 9:00-11:00 a.m.

Actions Speak Louder Than Words

Oct. 22 | 6:30-8:30 p.m.

Oct. 24 | 9:00-11:00 a.m.

Preschoolers and Pennies

Nov. 5 | 6:30-8:30 p.m.

Nov. 14 | 9:00-11:00 a.m.

Safe Food for Healthy Future

Nov. 19 | 6:30-8:30 p.m.

Nov. 21 | 9:00-11:00 a.m.

humansciences/early-childhood

COVID Ag Updates: Focus on Resilience Online (Mondays)

Sept. 7-28 | 7:30-8:30 p.m.

humansciences/farm-ranch-wellbeing

ELEVATE: Taking Your Relationship to the Next Level Online (Wednesdays)

Aug. 19-Oct. 7 | 12:30-1:00 p.m.

humansciences/elevate

Finances of Caregiving Online (Tuesdays)

Sept. 1-Sept. 29 | 2:00-3:30 p.m.

humansciences/finances-caregiving

Powerful Tools for Caregivers Online - Adults with Chronic Conditions (Thursdays)

Sept. 24-Oct. 29 | 2:00-3:30 p.m.

humansciences/ptc

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

Upcoming Events, *continued*

Powerful Tools for Caregivers Online - Children with Special Health and Behavioral Needs (*Mondays*)

Oct. 5-Nov. 9 | 1:00-3:00 p.m.
[humansciences/ptc](https://humansciences.ptc)

Preserve the Taste of Summer Online

Food Preservation 101

Sept. 10 | 7:00 p.m.
humansciences/preservation-101

Totally Tomatoes

Oct. 8 | 10:00 a.m. or 6:00 p.m.
Oct. 12 | 10:00 a.m. or 7:00 p.m.
humansciences/preserve-taste-summer

All About Apples

Oct. 22 | 10:00 a.m. or 6:00 p.m.
Oct. 28 | 10:00 a.m. or 7:00 p.m.
humansciences/preserve-taste-summer

Question. Persuade. Refer Online (*Tuesdays*)

Sept. 1-Oct. 27 | 12:00-1:00 p.m.
humansciences/QPR

Science of Parenting (Weekly Podcast released each Thursday.)

Sept. 3 | Facebook LIVE at 12:15 p.m.
Oct. 1 | Facebook LIVE at 12:15 p.m.
humansciences/scienceofparenting

ServSafe® Training

All from 8:30 a.m. to 5:30 p.m.
Sept. 9, 16, Oct. 7, 14 or Nov. 12 | Sioux City
Sept. 14 | Cherokee
Oct. 27 | Storm Lake
Oct. 28 | Sheldon
Nov. 11 | Sac City
humansciences/servsafe

Small Change: Building Financial Security Online

Oct. 12 | 5:00 p.m.
humansciences/small-change

What About Me? My Wellbeing Online

Oct. 8, 15, 22, 29 | Onawa
Nov. 3, 10, 17, 24 | TBD
humansciences/wellbeing

Writing Your Retirement Paycheck Online (*Mondays*)

Oct. 5-12 | 6:30-8:30 p.m.
Nov. 11-18 | 6:30-8:30 p.m.
humansciences/retirement

Find additional information about these and other events on the [Human Sciences calendar](#).

Program Highlight

Small Change: Building Financial Security moved from pilot to priority program in 2020

[Small Change: Building Financial Security](#) is an online personal finance course designed for Iowa educators. Course content is embedded in the financial literacy standards of the Iowa Core 21st Century Skills and Social Studies, and connects participants with curricula, resources and school-based programs for elementary, middle and high school levels. Educators can earn one Iowa License renewal credit.

- Finance Fundamentals (getting organized, smart borrowing, estate planning)
- Insurance (life, health, disability, long-term care, auto, home, liability coverage)
- Investing (risk tolerance, investment choices, funding long-term goals)
- Retirement (preparing for retirement, building a nest egg, Social Security, IPERS)

The course format requires the participants to participate in a live, online two-hour introductory workshop on Oct. 12 from 5:00 to 7:00 p.m., complete at least four of 12 game-based lessons, and take part in a short assignment promoting financial literacy which will connect educators with resources. The course fee is \$25 to ISEA members and non-members. Those who do not need license renewal credit may register and audit the course for a \$10 fee. Register at <https://www.cvent.com/d/97q0dc>.

