

# Human Sciences Extension and Outreach

## REGIONS 11-12-20

### AUGUST NEWSLETTER 2023

#### “Stay Independent” Nutrition and Wellbeing Program

Stay Independent: A Healthy Aging Series is a nutrition and well-being program offered through Iowa State University Extension and Outreach for adults aged 60 and older.

The series provides topics related to older Iowans' nutrition risks and key behaviors through research-based nutrition and wellness information. It also provides topics to identify and assess environmental factors to age in place safely, end-of-life decisions, and awareness to prevent financial exploitation and fraud.

The program includes ten lessons designed to meet the needs of older Iowans: Three Meals a Day, Feast on Fruits and Vegetables, Power Up with Protein, Thriving in Place, Exercise Your Independence, Final Arrangements, Planning Ahead for Future Care, Brain Health, Cooking for One or Two, and Spot, Stop and Avoid Fraud.

Human sciences specialists facilitate a minimum of four one-hour class series. Topics are self-selected. The cost is \$10 per class; scholarships are available during online registration. Sponsorships are available for \$400 (four classes for ten participants).

For more information or to host and/or sponsor “Stay Independent: A Healthy Aging Series,” contact your human sciences regional specialists, Vera Stokes, Kelsey Salow, Barb Dunn Swanson, Phyllis Zalenski, or Danielle Day.



#### QUESTIONS?

**Have a home and family question?**

Call AnswerLine at (800)-262-3804 or email [answer@iastate.edu](mailto:answer@iastate.edu)

**Have a question on a different topic?**

Submit to [Ask an Expert](#). We'll send it to someone in Extension to answer it. A response will be sent to your email address. Be sure to include any relevant details in your question.

#### PROMOTE PROGRAMS

Make promotion easy using the ready-made pieces in the [Human Sciences Marketing Materials](#) folder.

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## Your Human Sciences Specialist Team

**Family Wellbeing:** Danielle Day [daday@iastate.edu](mailto:daday@iastate.edu)

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Learn about upcoming events and programs on the **Human Sciences Website.**

## Human Sciences Events

### ServSafe® Certified Food Protection Manager

August 1 - Cedar Rapids

August 22 - Monticello

### Mental Health First Aid-Adult

August 2 - Waterloo (Private)

August 3 - Independence (Private)

August 8 - Dubuque (Private)

August 10 - Wellman

August 29 - Fairfield

September 8 - Cedar Rapids (Private)

### Mental Health First Aid-Youth

August 16 - Spencer

### Question. Persuade. Refer (QPR)

August 1 - Online

August 18 - In-Person (West Branch-Private)

### PILOT- All My Money

Cedar Rapids, August 10, 17, 24, 31, and September 7

### Powerful Tools for Caregivers:

#### Master Trainer Workshop

Virtual, August 18

### WIN (Wellness and Independence through Nutrition)

WIN BINGO – Cedar Rapids, August 22

### Child Care Provider Training

Virtual Safe Food for a Healthy Future –

August 3

### Ouch! That Stereotype Hurts

Moline, IL - August 8

Muscatine - August 18

### The Science of Parenting

Bettendorf - August 3, 10, 17, 24

### Environmental Rating Scale

Bettendorf: Early Childhood - August 29

September 5, 12, 19

Online: School Age - August 24, 31,

September 7, 14

### Safe Food Handler

August 15 - Dubuque (Private)

August 21 - Marion (Private)

### WOW Live (Words on Wellness)

Muscatine - August 4, 25, 31

### Pressure Canner Testing

August 8, Vinton 9 -11am

August 8, Hiawatha 1-3 pm



There is still time to schedule a fermentation pilot workshop this fall. In this 2 hour hands-on workshop, participants learn how to ferment vegetables safely at home, prepare a jar of sauerkraut, and take it home to finish the fermentation process.

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