

Human Sciences Extension and Outreach

REGIONS 11-12-20

NOVEMBER NEWSLETTER 2023

New “My Wellbeing” Program Launches

Did you know 393,816 Iowans have a disability which represented 12.5% of the noninstitutionalized population of Iowa in 2021? Included in this group are 151,297 Iowans with limitations in cognitive functioning or a mental or emotional illness that interferes with daily activities.

The newly launched “My Wellbeing” program is designed with people with intellectual and developmental disabilities in mind; specifically, those who are interested in improving their wellbeing and quality of life. There is a requirement of a minimum of six (6) and maximum of fifteen (15) participants.

The free, research-based program includes six, 60-minute sessions that cover three areas of wellbeing: social/emotional, financial, and physical. During each session, information about the topic is shared and participants engage in hands-on learning and discussion. Each session closes with participants developing personal plans for their own wellbeing.

“My Wellbeing” focuses on helping people: 1) increase their awareness and knowledge related to wellbeing; 2) create individual action steps related to wellbeing, and 3) move toward making positive choices related to their wellbeing.

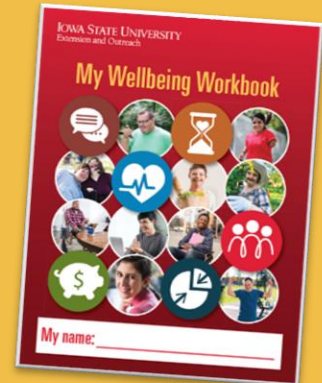
The “My Wellbeing” program is designed as a joint partnership between Human Sciences ISU Extension and Outreach and an agency (Community Partner) that has clients with intellectual and developmental disabilities. We provide the educators, research-based content, and supplies. The Community Partner provides expert staffing support during program delivery to help ensure meaningful participation of their clients.

For more information, link to the [My Wellbeing](#) website. To schedule a meeting to talk with your local facilitators about this program in your county, contact Barb Dunn Swanson, Vera Stokes, or Phyllis Zalenski.

QUESTIONS?

Have a home and family question?

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



PROMOTE PROGRAMS

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

The Cybox folder houses materials for many statewide offerings, including flyers, news releases, and social media images.

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

Your Human Sciences Specialist Team

Family Wellbeing: Danielle Day daday@iastate.edu

Family Wellbeing: Barbara Dunn Swanson bdswanso@iastate.edu

Family Wellbeing: Phyllis Zalenski zalenski@iastate.edu

Food and Health: Vera Stokes vstokes@iastate.edu

Food and Health: Kelsey Salow ksalow@iastate.edu

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

Human Sciences Events

ServSafe® Certified Food Protection Manager

DeWitt - November 6

Dubuque - November 7

Bettendorf - November 13

Hiawatha - November 21

Elkader - November 27

Raising School Ready Readers

Vinton (Teaser Session) – November 2

The Science of Parenting

Understanding Research and Reality, Virtual- November 7

Positive Discipline, Virtual- November 28

Passport to Early Childhood Education for Program Administrators

Online- November 1, 8, 15

Environmental Rating Scale

ITERS-3, Virtual – November 6, 13, 20, 27

Powerful Tools for Caregivers

Master Trainers, Virtual- November 10

Child Care Provider Trainings

Safe Food for a Healthy Future - Nov 2 Virtual

Human Sciences Program Planning Days

October 27 – Clayton County

October 30 – Scott County (zoom)

November 9 – Linn County (with Jones, Cedar, Linn, Jackson)

November 14 – Muscatine County (with Dubuque, Clinton, Muscatine)

Small Change: Building Financial Security for Educators

Virtual- November 1

Online learning- November 1 - 29

Your Money, Your Goals

Virtual- November 3 (Two sessions)

Basic Money Management

Cedar Rapids- October 30 to December 4

Stay Independent: Spot, Stop, and Avoid Fraud

Sabula- November 2

Dyersville- November 7

DeWitt- November 15

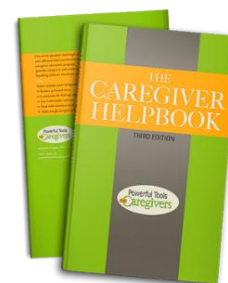
Money Smart: Prioritizing Bills, Credit, and Debt

Virtual- November 14, 21, 28

OUCH: That Stereotype Hurts

National presentation for Epsilon Sigma Phi,

Virtual- November 8



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