

# Davis County NEWS

October | 2020



## Iowa State University Extension Office

402 E. North Street

Bloomfield, IA 52537

(641) 664-2730

[www.extension.iastate.edu/davis](http://www.extension.iastate.edu/davis)

\*Due to COVID-19, we are currently open by appointment only. We are staffed as normal Monday, Wednesday & Thursday 8am-4:30pm. Please call to make an appointment.

### STAFF:

**Mari Melvin**  
Program Coordinator  
[marimel@iastate.edu](mailto:marimel@iastate.edu)

**Hailey Burgher**  
County Youth Coordinator  
[hburgher@iastate.edu](mailto:hburgher@iastate.edu)

# BQA Training

**What:** Beef Quality Assurance Training— Participants will receive BQA Certification. Beef Specialist, Chris Clark will present on topics including: best practices for animal care and handling, management of feedstuffs and feed additives, management of animal health products, proper injection site techniques, biosecurity and record keeping. **NO COST**

**When:** Wednesday, October 7th- 6:00-8:00 PM

**Where:** In-Person: basement of Extension Office in Bloomfield

**To Register:** Call 641-664-2730 or E-mail: [marimel@iastate.edu](mailto:marimel@iastate.edu)

# STEM Backpacks



We have partnered with the Bloomfield Public Library to offer these STEM backpacks to families in our community! These are available for check-out at the library— call 641-664-2209 to reserve yours. Pictured are just two of the new backpacks available.

### STEM Backpacks available for check-out:

- Curious Coding
- Magic Eye
- Bee & Me
- Building Bridges
- Humpty Dumpty
- Super Slinky
- Fabulous Five Senses

# Master Gardeners

The Master Gardeners have held 2 educational sessions on Papercrete Pottery in the last two months. Papercrete is a mixture of three components— Portland cement, recycled newspaper and perlite. The mixture is then pressed into a mold such as a decorative pot or container and left to dry. Here, Master Gardeners are shown with their papercrete creations.



## Small Change: Building Financial Security Offerings for Educators and School Personnel

**Educators: earn one Iowa License renewal credit with this online program!**

Small Change is an online 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.

Participate in a live, online 2-hour in-person introductory workshop on October 12, 2020 from 5:00 to 7:00 pm. 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 online at <https://www.cvent.com/d/97q0dc> or search for Small Change Online at <https://isea.org/course/> Space is limited. For more information, contact Phyllis Zalenski, [zalenski@iastate.edu](mailto:zalenski@iastate.edu), 319-480-1106 or Rhonda Plimmer, [rhonda.plimmer@isea.org](mailto:rhonda.plimmer@isea.org) or 515-471-8052.

# COVID-19 Childcare Considerations



Human Sciences Extension and Outreach has developed the COVID-19 Child Care Considerations publication series to help families sort through decisions during these trying times. Available for download at no cost.

Publications include: Childcare in your Home, Exploring Childcare Options in a Pandemic, The Transportation Struggle: <https://store.extension.iastate.edu/product/15960>

# Online Programming Opportunities

## ONLINE TRAINING CHILD CARE PROVIDERS



**Cent\$ible: Getting What You Want**  
October 8, 6:30pm - or - October 10, 9:00am



**Actions Speak Louder than Words**  
October 22, 6:30pm - or - October 24, 9:00am



**Preschoolers and Pennies**  
November 5, 6:30pm - or - November 7, 9:00am



**Safe Food for a Healthy Future**  
November 19, 6:30pm - or - November 21, 9:00am

### SESSIONS

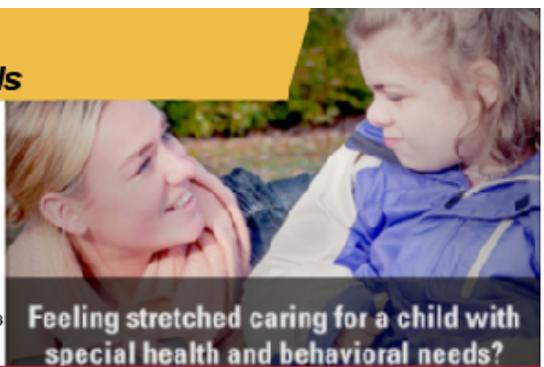
\$5 each  
2 hours credit

To register: <https://www.extension.iastate.edu/humansciences/cc-provider>

## Powerful Tools for Caregivers of Children with Special Health and Behavioral Needs



**ONLINE CLASS**  
When: Mondays 1:00pm — 3:00 pm  
October 5th — November 9th, 2020  
Cost: \$35/Individual or \$40/Couple  
(Cost includes Caregiver Handbook and Materials)  
**Register online: <https://bit.ly/ptc16355>**  
Deadline to register is September 23 to ensure materials will arrive on time or upon filling.



Feeling stretched caring for a child with special health and behavioral needs?

For more information contact class leaders Dawn Dunnegan at [dunnegan@iastate.edu](mailto:dunnegan@iastate.edu) or Danielle Day at [daday@iastate.edu](mailto:daday@iastate.edu)

## More produce than you can eat? Learn how to preserve it!

### Preserve the Taste of Summer

1-hour ONLINE sessions / No cost / Registration required



#### Totally Tomatoes

Thursday, October 8 / 10am  
Thursday, October 8 / 6pm  
Monday, October 12 / 10am  
Monday, October 12 / 7pm

#### All About Apples

Thursday, October 22 / 10am  
Thursday, October 22 / 6pm  
Wednesday, October 28 / 10am  
Wednesday, October 28 / 7pm



**MORE INFORMATION AND REGISTRATION:**

[www.extension.iastate.edu/humansciences/preserve-taste-summer](http://www.extension.iastate.edu/humansciences/preserve-taste-summer)

## Question.Persuade.Refer. (QPR)

Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Designed to teach laypeople and professionals about the warning signs of a suicide crisis and appropriate responses.

**Register:** <https://www.extension.iastate.edu/humansciences/QPR>

## Writing Your Retirement Paycheck

### Three ONLINE Workshops Scheduled in Fall 2020!

Each workshop includes two sessions of two hours each:

- **Mondays, Oct 5 and 12, 6:30-8:30pm** | Register at <https://bit.ly/wrp16486>
- **Wednesdays, Oct 21 and 28, 12-2:00pm** | Register at <https://bit.ly/wyrp16668>
- **Wednesdays, Nov 11 and 18, 6:30-8:30pm** | Register at <https://bit.ly/wrp16488>

**Fee: \$25 per person OR per couple**

More information at [www.extension.iastate.edu/humansciences/retirement](http://www.extension.iastate.edu/humansciences/retirement)  
OR contact Barb Wollan, (515) 832-9597; [bwollan@iastate.edu](mailto:bwollan@iastate.edu)  
or Kalyn Cody, (515) 957-5795; [kcody@iastate.edu](mailto:kcody@iastate.edu)

**Take steps NOW to make your resources last a lifetime**

- Consider when to claim Social Security
- Plan for retirement income
- Avoid surprise expenses in retirement

# More Fall Online Programming

- **POWERFUL TOOLS FOR CAREGIVERS**
  - Adults with Chronic Conditions
  - Children with Special Health and Behavioral Needs
  - Format: Six 90-minute workshops      *More Info:* [www.extension.iastate.edu/humansciences/ptc](http://www.extension.iastate.edu/humansciences/ptc)
- **CAREGIVING RELATIONSHIPS: Conversations on Aging**
  - Format: Two 1-hour workshops      *More Info:* <https://www.extension.iastate.edu/humansciences/caregiving-relationships>
- **MENTAL HEALTH FIRST AID**
  - Format: 6 hour workshop      *More Info:* <https://www.extension.iastate.edu/humansciences/MHFA>
- **WHAT ABOUT ME? MY WELLBEING**
  - Format: Four 1-hour workshops      *More Info:* <https://www.extension.iastate.edu/humansciences/wellbeing>
- **STRESS ON THE FARM: STRATEGIES THAT HELP**
  - Format: One 45-minute workshop      *More Info:* <https://www.extension.iastate.edu/humansciences/stress-farm>
- **SMART CHOICE: HEALTH INSURANCE**
  - Format: One 1-hour workshop      *More Info:* <https://www.extension.iastate.edu/humansciences/smart-choice>
- **YOUR MONEY, YOUR GOALS**
  - Format: Two 2-hour workshops      *More Info:* <https://www.extension.iastate.edu/humansciences/your-money-goals>
- **RETHINKING YOUR RETIREMENT**
  - Format: One 1-hour workshop      *More Info:* <https://www.extension.iastate.edu/humansciences/retirement>

# How Are You? We Care About Your Mental Health

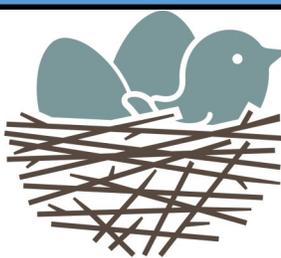
If you need services not listed, please call us: 641-664-2730

- **Mental Health and Wellbeing Resources:** <https://www.extension.iastate.edu/humansciences/mental-health-and-wellbeing>
- **COVID-19 Resources from ISU:** <https://www.extension.iastate.edu/disasterrecovery/covid-19>
- **COVID Recovery Iowa:** offers free, virtual counseling and assistance for all Iowans affected by COVID-19 <https://covidrecoveryiowa.org/>
- **Farm and Ranch Wellbeing Resources:** [https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing\\_fbclid=IwAR1DwZq58GTILlH1sB8qrDnIUJ0LyyOhse52im6WtSxZFUWMjCuL\\_BU650](https://www.extension.iastate.edu/humansciences/farm-ranch-wellbeing_fbclid=IwAR1DwZq58GTILlH1sB8qrDnIUJ0LyyOhse52im6WtSxZFUWMjCuL_BU650)
- **Iowa Concern Hotline: 800-447-1985** Financial questions, legal education, stress counseling, crisis/disaster resources and referral
- **Answer Line: Toll-free: 800-262-3804 Local: 515-296-5883** Questions related to home & family
- **Iowa Healthy Families Hotline: 800-369-2229** Health information and referral
- **Iowa 2-1-1 Hotline: 211** Resource referral for housing, health, food, family, transportation, employment, education, and legal assistance
- **Teen Line: 800-443-8336** Personal and health-related information and referral
- **Beginning Farmer Center: 877-BFC-1999** Program to match beginning and retiring farmers

## Child Abuse Prevention Council

GET YOUR FREE MUSTANG MASK FROM THE CHILD ABUSE PREVENTION COUNCIL @ THE EXTENSION OFFICE!

Due to COVID-19, our October meeting on 10/7 will be virtual via Zoom. Please email [marimel@iastate.edu](mailto:marimel@iastate.edu) if you'd like to join us. All are welcome. Follow our Facebook page to stay connected: Davis County Council for the Prevention of Child Abuse.



learn • connect • grow

# nest

a pregnancy and early childhood group for all families

**Even though classes have moved online due to COVID, We are still enrolling new families during this time!** Nest is a parent education class. Earn points for coming to class and spend them on items for your family! No income requirement. Call Mari Melvin at 641-664-2730 to enroll.

# IOWA STATE UNIVERSITY

Extension and Outreach

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