

# EVENTS *in* Davis County

April | 2020



## Davis County Extension Office

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## We're All In This Together

*Take a moment to catch your breath. News about COVID-19 and efforts to slow its spread has no downtime, but please set work aside for a while this weekend. While we have been on a sprint this week, we need to treat this like a marathon. Think of your work-life balance and of staying mentally and physically healthy for yourself, your family and your community. Use this weekend to refresh and refuel. Get outside for a walk. Order take out and support your local businesses. Come back next week recharged. Remember, we are all in this together.*

**-John Lawrence, Extension and Outreach VP**

## Iowa State Will Endure

*Still, every day the campanile bells continue to ring. The swans still glide across Lake LaVerne. And central campus expresses its beauty as the first buds of spring emerge — as if to remind us that some things have not changed. That Iowa State will endure.*

**-Wendy Wintersteen, Iowa State University President**

## Resources

[National Suicide Prevention Lifeline](#): 1-800-273-8255 (TALK)

[Iowa State's Response](#) and updated information about the COVID-19 outbreak.

[Iowa Concern Hotline](#): Trained staff take your calls via a toll-free hotline at 1-800-447-1985 A confidential, free resource answered 24 hours a day, 7 days per week. Language interpretation available. Dial 711 for TTY/TDD. Live Chat and Email an Expert options available online.

[Answer Line](#): Toll-free 1-800-262-3804 Monday through Friday, 9am - noon and 1 - 4pm. Professional consumer and family scientists answer questions about: child development, cleaning, consumer management, food preparation, food preservation, food safety, home environment, household equipment, nutrition, textiles and laundry.

[USDA Rural Development](#) has launched a COVID-19 Resource page to keep customers, partners and stakeholders continuously updated on the agency's actions to help rural residents, businesses and communities impacted by the COVID-19 outbreak. Visit for information on Rural Development loan payment assistance, application deadline extensions, and more.

[Work From Home Wellness](#) From the Healthiest State Initiative: If you do not regularly work from home, you may be struggling to set up a new routine that supports your physical and mental wellness. We have collected resources to help you Eat Well, Move More and Feel Better through this adjustment period and beyond.

[IDPH](#) Stay up to date with FACTS from the Iowa Department of Public Health.

**IOWA STATE UNIVERSITY**  
Extension and Outreach

# Cancelled & Postponed

All programs and meetings are cancelled, postponed or virtualized through **May 9th**. In Davis County, this affects all Extension Specialist lead programs including The Finances of Caregiving: Planning As You Age. We plan to reschedule this program. Pick A Better Snack and Master Gardeners will resume after 5/9. Nest classes have been virtualized and families continue to have access to store items through appointments with the coordinator. Our office doors are closed and staff are working remotely. You can still call the office and we will get back to you as soon as possible.

## Spend Smart. Eat Smart.

Follow Spend Smart. Eat Smart. on Facebook to watch their NEW, LIVE segments: Make It Monday, Work Out Wednesday and Fit Fam Friday. Check out the Spend Smart. Eat Smart [website](#) for more videos, recipes, shopping tips and so much more.

## The Science of Parenting

The Science of Parenting had recently launched podcasts and Facebook Live events (before COVID-19 hit). Now, there is a “bonus” podcast titled **Parenting in the Midst of COVID-19**. Watch it [here](#). Follow them on Facebook for more podcasts.

## Animal U

### Did you know?

Whether at home, in the barn or even out in the pasture, 4-H youth can log on to [Animal U](#) and become better care-takers for animals. Through this online gaming platform, youth direct their own learning to gain knowledge and skills that apply to their livestock projects.

- ISU Extension and Outreach and the Department of Animal Science developed Animal U, a program that is intended for use nationwide. Amy Powell, extension youth animal science specialist, manages the project, which is a collaboration of extension subject matter experts, faculty members, commodity groups and industry partners.
- Animal U is designed to connect more young people to animal agriculture, whether they have or don't have an animal of their own. They learn about the relationship between animal agriculture and the science and technology that supports it in everyday life. In addition, they learn about potential careers associated with food production.
- Animal U is open to everyone now. After May 1 it will be available to Iowa 4-H at no cost and to other states by subscription. The long-term goal is to extend it nationwide to 4-H partners and schools across the country. For more information, contact Amy Powell, [ampowell@iastate.edu](mailto:ampowell@iastate.edu).

Due to COVID-19, Child Abuse Prevention month outreach and activities will be virtualized through our Facebook page this year. Follow our page to stay connected: Davis County Council for the Prevention of Child Abuse. Our April and May meetings will be virtualized.



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