

# Human Sciences Extension and Outreach NEWSLETTER REGIONS 19,26, AND 27 OCTOBER 2020

## HUMAN SCIENCES ONLINE CLASSES

### Fall 2020 Child Care Provider Training:

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

Due to COVID-19 concerns, Iowa State University (ISU) Extension and Outreach will offer several online trainings for child care providers this fall. Each training will be offered at two different times and taught by ISU Extension and Outreach Human Sciences Specialists.



**ONLINE TRAINING  
CHILD CARE PROVIDERS**

- Countable: Getting What You Want**  
October 8, 8:30am - or - October 18, 9:30am
- Actions Speak Louder than Words**  
October 22, 8:30am - or - October 24, 9:30am
- Preschoolers and Pinnies**  
November 5, 8:30am - or - November 7, 9:30am
- Safe Food for a Healthier Future**  
November 18, 8:30am - or - November 21, 9:30am

SESSIONS \$5 each  
2 hours credit

**ADDITIONAL INFORMATION**  
[www.extension.iastate.edu/humansciences/cc-provider](http://www.extension.iastate.edu/humansciences/cc-provider)

## Upcoming Events

In order to prioritize safety, we have postponed many face-to-face events. To learn about upcoming events and programs please visit our Human Sciences webpage.

Human Sciences events  
[online](#)

[More event details:  
www.extension.iastate.edu/calendar/](http://www.extension.iastate.edu/calendar/)



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)

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### Fall Preserve the Taste of Summer Classes

<https://www.extension.iastate.edu/humansciences/preserve-taste-summer>

Enjoy the taste of summer all year long! Join us for these one-hour food preservation sessions.

### Fall Write Your Retirement Paycheck

<https://www.extension.iastate.edu/humansciences/retirement>

It's not too soon to take steps to make your resources last a lifetime. You can "write" your own retirement paycheck as you learn to make informed decisions about your retirement savings and withdrawals. You'll learn how health insurance, inflation, required minimum distributions, and taxes will impact your retirement paycheck.



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**Retiring within the next 10 years?**

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

**Writing Your Retirement Paycheck**

Three ONLINE Workshops Scheduled in Fall 2020!  
Each workshop includes two sessions of ten hours each.

- **Workshop 1: Oct 8 and 12, 8:30-10:30am** | Register at [toll.ia.ia.gov/15450](http://toll.ia.ia.gov/15450)
- **Workshop 2: Oct 21 and 28, 10:30-12:30pm** | Register at [toll.ia.ia.gov/15450](http://toll.ia.ia.gov/15450)
- **Workshop 3: Nov 11 and 18, 8:30-10:30am** | Register at [toll.ia.ia.gov/15450](http://toll.ia.ia.gov/15450)

**Fee: \$10 per person - one per couple**

More information at [www.extension.iastate.edu/humansciences/retirement](http://www.extension.iastate.edu/humansciences/retirement)  
OR contact Ross Wilburn, 515-294-1482 | [rwilbur@iastate.edu](mailto:rwilbur@iastate.edu)  
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# Human Sciences Extension and Outreach

## Empowering People. Growing Lives.



**Dawn Dunnegan**  
**Family Life**

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As a Family Life Specialist, **Dawn Dunnegan** works with programs that **strengthen families**. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from **nutrition education**. As Nutrition and Wellness Specialist, **Sara Sprouse**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

**Financial education** empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.

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