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.

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.

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/
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.

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.