



## Human Sciences Newsletter: Regions 19, 26 & 27

April 2023

### Upcoming Events

4/1/2023 - Preserve the Taste of Summer: Pressure Canning, Fairfield  
[Registration](#)

4/3/2023 - What About Me? My Wellbeing, Fort Madison  
[Registration](#)

4/4/2023 – ServSafe® Certified Food Protection Manager Course, Donnellson (Registration closed)

4/5/2023 – Ouch! That Stereotype Hurts, Fort Madison  
[Registration](#)

4/5/2023 – What About Me? My Wellbeing, Fairfield  
[Registration](#)

4/6/2023 – I Only Want a Peanut Butter Sandwich!, Donnellson (Registration closed)

4/13/2023 - A Journey Through Parkinson's Disease, Online  
[Registration](#)

4/17/2023 – ServSafe® Certified Food Protection Manager Course, Fairfield (Registration closed)

4/27/2023 – Question. Persuade. Refer., Fort Madison  
[Registration](#)

4/29/2023 - Preserve the Taste of Summer 101, Bloomfield  
[Registration](#)

To see a complete list of upcoming events and programs visit <https://www.extension.iastate.edu/humansciences/events>.

### April is Parkinson's Disease Awareness Month

If you have ever watched the Iowa State Cyclone football team play at Jack Trice Stadium, hopefully you have also had the opportunity to sing along to Neil Diamond's "Sweet Caroline".

Did you know? In 2018 at the age of 77, Neil Diamond announced he would no longer tour and revealed a diagnosis of Parkinson's disease. Neil Diamond is one of more than 10 million people worldwide living with Parkinson's disease. Despite his retirement, Diamond continues to be active and occasionally sings in public performances.

Parkinson's disease is a type of movement disorder that can affect the ability to perform common, daily activities. Symptoms include tremors, stiffness and difficulty with balance, walking, and coordinated movement.

Learn more about causes, symptoms, diagnosis, and treatments (including singing!) by attending **A Journey Through Parkinson's Disease** offered by Iowa State University Extension and Outreach. For in-person and virtual class information, go to <https://www.extension.iastate.edu/humansciences/parkinsons>. *The next virtual series starts April 13 at 12 noon!*

Additional resources:

American Parkinson Disease Association: <https://www.apdaparkinson.org/>

Parkinson's Foundation: <https://www.parkinson.org>

For more information, contact Sara at [sprouse@iastate.edu](mailto:sprouse@iastate.edu) or 319-293-3039.

## Iowa Concern Hotline

Human Sciences Extension and Outreach has a number of hotlines that are ready to serve lowans.

[Iowa Concern](#) provides resources for lowans in need.

Call or text the hotline at 1-800-447-1985. Language interpretation services are available. Information on legal, finance, crisis, natural disaster and personal health issues can be accessed.

**Iowa Concern** is a program of Iowa State University Extension and Outreach. The program began in 1985. Today, **Iowa Concern** serves both rural and urban lowans. Iowa Concern services are **available 24 hours a day, 7 days a week and is a FREE Resource to lowans.**



## AnswerLine

[AnswerLine](#) provides resources for lowans with home and family questions. The hotline is available Monday through Friday, 9 a.m.-noon and 1-4 p.m. at **1-800-262-3804**.

AnswerLine specialists answer consumer questions about: child development, food preparation, food safety, nutrition, food preservation, household equipment, cleaning and more.



## Human Sciences Extension and Outreach Blogs

Whether you are looking for information you can use at home or articles you can share in your own newsletter, join our blog mailing lists to receive information from Human Sciences Extension and Outreach experts.

### [Spend Smart. Eat Smart.](#)

The Spend Smart. Eat Smart. blog focuses on sharing ideas, tips, resources and recipes to help you feed your family for less. Blog contributors are Iowa State University Extension and Outreach staff members trained in food, nutrition, and health.

### [AnswerLine](#)

AnswerLine staff provide immediate, unbiased, research-based answers to questions that are related to home economics and family living.

### [The Science of Parenting](#)

Dealing with toddler meltdowns or an angsty teen who doesn't want to talk? Our parenting pros provide real-life solutions based on the latest scientific research. Join us as we explore parenting decisions and the realities of raising a family.

Go to <https://blogs.extension.iastate.edu/> for more blogs from Iowa State University Extension and Outreach.

## Human Sciences Team for Regions 19, 26 and 27



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