



Human Sciences Newsletter: Regions 19, 26 & 27

July 2023

Upcoming Events

7/5/2023 - ServSafe® Certified Food Protection Manager Course and Exam, Iowa City
(Registration closed)

7/13/2023 - A Journey Through Parkinson's Disease, Washington
[Registration](#)

7/13/2023 - A Journey Through Parkinson's Disease, Online
[Registration](#)

7/25/2023 - ServSafe® Certified Food Protection Manager Course and Exam, Mt. Pleasant
(Registration closed—class full)

8/1/2023 - Preserve the Taste of Summer: Salsa Making, Donnellson
(Registration closed—class full)

8/3/2023 - Safe Food for a Healthy Future - Child Care Provider Training, Online
[Registration](#)

8/10/2023 - Mental Health First Aid, Wellman
[Registration](#)

8/15/2023 - Growing Up Wild - Early Childhood Professionals Training, Fairfield
[Registration](#)

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

Adult Mental Health First Aid Training

“Research from the National Institute of Mental Health shows that nearly 1 in 5 adults lives with a mental illness,” said Dawn Dunnegan, Human Sciences Specialist, Family Wellbeing. Additionally, 123 people die by suicide each day according to recent data from the American Foundation for Suicide Prevention. “Iowa State University Extension and Outreach has responded to these alarming statistics by offering Mental Health First Aid. This program provides adults with tools they can use to identify when someone in their life might be struggling with a mental health and/or substance use problems.”

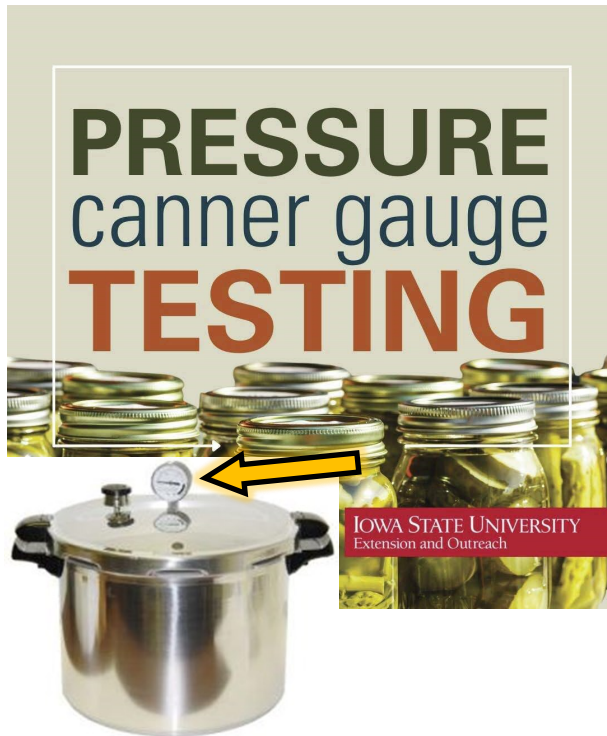
Iowa State University Extension and Outreach will offer Mental Health First Aid training on Thursday, August 10th, from 8 a.m. - 5 p.m. at the Wellman YMCA, 525 13th Street, Wellman.

This training is **FREE** thanks to a Project Recovery Iowa Grant and is sponsored by Iowa State University Extension and Outreach -Washington County and Wellman YMCA. Lunch provided by Farm Bureau Financial Services - Ann C. Williams Agency.

Space is limited so register TODAY!

To register, go to <https://go.iastate.edu/OAVGNG> or contact the Washington County Extension Office at 319-653-4811.

Click [HERE](#) for more information
about *Growing Up Wild!*



Safe Food Preservation

Pressure canner gauges should be checked yearly for accuracy. Your county Iowa State University Extension and Outreach office can help you schedule an appointment for FREE testing before canning season is in full swing!

Sara Sprouse, Human Sciences Food and Health Specialist will perform pressure canner testing during the Farmers Market on Saturday, July 15 from 9:30 a.m. to noon in Howard Park, Fairfield.

Information on up-to-date food preservation resources will be shared with individuals during the event and can be found at www.extension.iastate.edu/humansciences/preserve-taste-summer

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



Sara Sprouse
Food and Health

sprouse@iastate.edu
Phone: 319-293-3039
Cell: 641-919-3796



Dawn Dunnegan
Family Wellbeing

dunnegan@iastate.edu
Phone: 319-385-8126
Cell: 319-217-9474



Hailey Burgher
Family Wellbeing

hburgher@iastate.edu
Phone: 641-664-2730
Cell: 641-895-9037