



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

January 2024

### Upcoming Events

1/4/2024 - Stay Independent: Stop Fraud, Washington  
[Registration](#)

1/9/2024 - Raising School Ready Readers (Session 1 of 5), Fairfield  
[Registration](#)

1/9/2024 - ServSafe® Certified Food Protection Manager Course and Exam, Iowa City  
(Registration closed)

1/11/2024 - Stay Independent: Brain Health, Washington  
[Registration](#)

1/16/2024 - Powerful Tools for Caregivers - Adults (Session 1 of 6), Fairfield  
[Registration](#)

1/18/2024 - A Journey Through Parkinson's Disease, Burlington (Session 1 of 3)  
[Registration](#)

2/1/2024 - Stay Independent: Thriving in Place, Washington  
[Registration](#)

2/5/2024 - A Journey Through Parkinson's Disease, Virtual (Session 1 of 3)  
[Registration](#)

Explore more upcoming events:  
<https://www.extension.iastate.edu/humansciences/events>

### A Journey Through Parkinson's Disease

If you or someone you know is living with Parkinson's disease, it's helpful to know where to find support on the journey. Learn about the causes and symptoms of Parkinson's disease, and how treatments work, as well as therapeutic activities to do at home.



Register to attend this three-part series either in-person or virtually on this website: [www.extension.iastate.edu/humansciences/parkinsons](http://www.extension.iastate.edu/humansciences/parkinsons)

Registration is required but the program is **FREE** for participants. Each session is one-hour in length.

For more information, contact Sara Sprouse at [sprouse@iastate.edu](mailto:sprouse@iastate.edu).

Click [HERE](#) for more information about  
*A Journey Through Parkinson's Disease!*

## Raising School Ready Readers

Kids love the activities, parents love the information, and everyone loves the family time in the Raising School Ready Readers program.

Parents and children ages 3 to 6 are invited to five family literacy activity nights beginning January 9 from 5:00 to 6:30 p.m. at the Fairfield Public Library. Cost is \$10 per family (scholarships are available).



To register, go to

[www.extension.iastate.edu/humansciences/raising-readers](http://www.extension.iastate.edu/humansciences/raising-readers)

or call Courtney Burkhalter at (641)472-4166.

## Human Sciences Extension and Outreach

### Our Mission...

Engage Iowans through research-based education.

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**Concern**  
hotline

24 hour confidential help and support

- financial concerns
- legal education
- stress counseling

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Dial 711 for TTY/TDD • Language interpretation available

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consumers with home  
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[www.extension.iastate.edu/answerline](http://www.extension.iastate.edu/answerline)

1-800-262-3804 | Local: (515) 296-5883

## Powerful Tools for Caregivers

Thirty-nine percent of all adult Americans are caring for an adult with a chronic health condition. Caregiving can be a stressful responsibility leading to poor health, mental distress, and less life satisfaction for the caregiver. Powerful Tools for Caregivers provides information, support strategies, communication techniques, stress reduction ideas, and resources to assist family caregivers with their concerns related to caregiving.



Powerful Tools  
for  
caregivers  
Adults with Chronic Conditions

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Class starts Tuesday, January 16 from 11:30 a.m. to 1:00 p.m. at the Jefferson County Extension Office, 2606 W. Burlington Ave., Fairfield. This FREE class will meet weekly on Tuesdays for six weeks.

To learn more, visit

[www.extension.iastate.edu/humansciences/ptc](http://www.extension.iastate.edu/humansciences/ptc)

Contact Hailey at [hburgher@iastate.edu](mailto:hburgher@iastate.edu) for more information.

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



**Sara Sprouse**  
Food and Health

[sprouse@iastate.edu](mailto:sprouse@iastate.edu)  
Phone: 319-293-3039  
Cell: 641-919-3796



**Dawn Dunnegan**  
Family Wellbeing

[dunnegan@iastate.edu](mailto:dunnegan@iastate.edu)  
Phone: 319-385-8126  
Cell: 319-217-9474



**Hailey Burgher**  
Family Wellbeing

[hburgher@iastate.edu](mailto:hburgher@iastate.edu)  
Phone: 641-664-2730  
Cell: 641-895-9037