



Human Sciences Newsletter: Regions 19, 26 & 27

March 2024

My Wellbeing Program

The My Wellbeing program is designed for individuals with intellectual and developmental disabilities (IDD) in mind; specifically those who are interested in improving their wellbeing and quality of life.

According to the CDC 23% of Iowans or about 1 in 4 adults have a disability.

Disability Inclusion is making sure everybody has the same opportunities to participate in every aspect of life to the best of their abilities and desires.

Participants explore areas of wellbeing during six, 60-minute sessions. Weekly topics include: Getting to Know You, Time for Me— Understanding Wellbeing, Social and Emotional Wellbeing, Financial Wellbeing, Physical Wellbeing, and Pulling it All Together— Practicing How to Make Positive Choices.

My Wellbeing has been being offered successfully across the state for a #StrongIowa!

Do you know an agency or organization in your community that serves persons with IDD and may be interested in partnering to offer this program? Let us know! Contact Dawn, Hailey, or Sara for more information.



Upcoming Events

3/05/2024- ServSafe® Certified Food Protection Manager Course, Iowa City
[Registration closed](#)

3/7/2024 - Our Bookshelf Series, Virtual
[Registration](#)

3/13/2024 - Powerful Tools for Caregivers Series - Adults, Bloomfield
[Registration](#)

3/13/2024 - Food Safety Escape Challenge - Child Care Provider Training, Donnelson
[Registration](#)

3/14/2024 - Stay Independent, Washington
[Registration](#)

3/28/2024 - Mental Health First Aid, Virtual
[Registration](#)

4/3/2024 - Passport to Early Childhood Education for Program Administrators, Online
[Registration](#)

4/3/2024 - A Journey Through Parkinson's Disease Series, Online
[Registration](#)

4/6/2024 - Preserve the Taste of Summer 101, Bloomfield
[Registration](#)

April—My Wellbeing, Ottumwa
[Contact the Wapello County Office](#)

[Jim Gill Family Concerts](#)

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

Jim Gill concerts coming to Southeast Iowa!

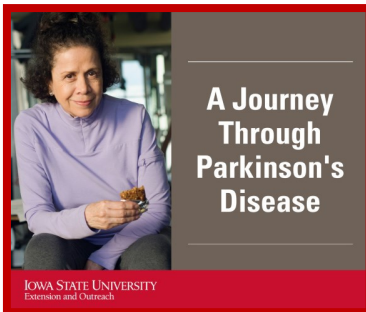
FREE fun for the whole family! There will be interactive activity tables, free books, vision screenings, car seat checks, food and a **FREE** concert! Look for one of the four concert locations near you and [register here](#).



A Journey Through Parkinson's Disease Online Series Beginning April 3rd

[Register now](#) for this **FREE** Program. If you're struggling with Parkinson's disease or know someone who is, it's helpful to know where to find support on the journey. Learn about the causes, symptoms, and treatments related to Parkinson's disease.

Join Human Sciences Specialists with this online



opportunity. The series will begin April 3rd, on Wednesday afternoons and run for three weeks.

Join in from the comfort of your own home. [Register here.](#)

Human Sciences Extension and Outreach

Our Mission...

Engage Iowans through research-based education.



24 hour confidential help and support

- financial concerns
- legal education
- stress counseling

800-447-1985

Dial 711 for TTY/TDD • Language interpretation available



Information and resources for consumers with home and family questions



www.extension.iastate.edu/answerline

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

Do You Need a Little Help With Menu Planning?



Check out our Spend Smart Eat Smart

Print a copy of the [five day meal planning worksheet in English](#) or [Spanish](#). Print a few extra to save this step in the future weeks. Think about what your family has

coming up during the next five days. Do you need quick meals, company meals, something for a potluck, or something for a slow cooker? Note this on your planner. You'll notice that the planner does not include days of the week. This allows you to be flexible and switch the order of your meals throughout the week.

Not sure where to start? You can check out a brief video to help with menu planning [here](#). And find lots of healthy cost saving recipes here.

For on the go, download the [Spend Smart Eat Smart APP](#) to your phone. You can access tips to help you while you are food shopping about reading labels, unit price calculator, just how much added sugar is in there and more.



SPEND SMART. EAT SMART. CHICKEN, CORN, AND RICE CASSEROLE

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