



Human Sciences Newsletter: Regions 19, 26 & 27

December 2023

Upcoming Events

12/11/2023- Powerful Tools for Caregivers: Class Leader Training-Virtual ([Registration](#))

12/19/2023- ServSafe Certified Food Protection Manager Course- Washington ([Registration](#))

Happy New Year, 2024!

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

1/9/2024- Raising School Ready Readers- Five Weeks-Fairfield ([Registration](#))

1/9/2024- ServSafe Certified Food Protection Manager Course- Iowa City ([Registration](#))

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

1/16/2024- Powerful Tools for Caregivers-Six Weeks- Fairfield ([Registration](#))

1/16/2024-Raising School Ready Readers-Fairfield ([Registration](#))

1/18/2024-A Journey Through Parkinson's Disease-Three Weeks-Burlington ([Registration](#))

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

Program Spotlight:

Stay Independent: A Healthy Aging Series

It's never too early—or too late—to set goals for staying independent in mid and later life. Learn about the benefits of eating well and moving more, avoiding fraud and scams, planning for future housing and care needs, and more!

Programs will be offered **FREE** in Washington in partnership with the United Presbyterian Home beginning in January. Workshops will be the first and second Thursday of each month: January, February and March from 10:00 a.m.—11:00 a.m.. For more information or to register, contact the Washington County Extension Office at 319-653-4811, or email washington4h@iastate.edu. To see all upcoming Stay Independent offerings visit <https://go.iastate.edu/USGR4R>.

More than 58 million adults in the United States have arthritis, a leading cause of work-related disability.

A 5-year CDC Arthritis Grant has been awarded to Iowa State University for a statewide effort to increase the number of Iowans accessing evidence based arthritis programs.

Human Sciences Specialist, Dawn Dunnegan, will be the project manager for the Statewide Delivery Organization Team. Coordination efforts have begun with Extension and Outreach county partners, YMCAs and Area Agencies on Aging. For more information contact Dawn Dunnegan at 319-217-9474 or dunnegan@iastate.edu

STAY INDEPENDENT

Healthy aging series for adults age 60+



IOWA STATE UNIVERSITY
Extension and Outreach

Stress and the Holidays Many Americans Experience Moderate to Extreme Stress During the Holiday Season

Stress in our daily routines can happen, but when we add in the expectations and commitments with a holiday it can creep in and build up. During the holiday seasons we tend to add in: shopping, baking, wrapping, decorating, office, family and neighborhood parties, often house guests or travel, programs for the children or in our faith communities.

Human Sciences Specialists with Iowa State University Extension and Outreach remind us of a couple of key things to help us through this wonderful and yet challenging time for many families. Planning is key; if there is a plan in place you will be able to be more realistic about what you can and cannot do in a given day or week and what you realistically can afford to spend or not spend. A written plan or schedule is best. This will also reduce missed appointments or obligations and help with overspending during these months.



Another thing to consider during the holidays, is to reduce demands and certainly do not add to them. Remember, it is ok to say no. Others don't know what your schedule might look like so protect yourself and your time by saying "no" to the things that will cause undue stress to you and your family. Some things simply are not flexible, but if you can delay a home move, a job change, a home improvement or other big life event until after the holidays this will reduce the stress on you and your family increasing the pleasure of this time together.

Your Iowa State University Extension and Outreach Online Store has many articles and publications that could help you such as: "[Stress, Taking Charge](#)", "[Helping Children Manage Stress](#)", "[Tracking Your Spending](#)", and many others for tips and ideas on parenting, finance and family matters.

Our Hotlines are Here to Help

ANSWERLINE

QUESTIONS?
CALL 1-800-262-3804



AnswerLine has information and resources for consumers with home and family questions. Call Mon.—Fri. 9:00 a.m.—Noon and 1:00 p.m.—4:00 p.m..

Iowa Concern Hotline is a confidential, free resource answered 24 hours a day, 7 days per week. Language interpretation available. You can access trained professionals regarding legal issues, finances, stress and crisis situations.



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