

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 APRIL 2021



Please remember April is [National Child Abuse Prevention Month](#). Consider working with your local Prevent Child Abuse Council.

Resource for County Offices

Please visit the recently revised [County-Deliverable Opportunities](#) web page in MyExtension. This page provides a concise, organized system for state, field, or county staff to know what is available for county staff to deliver.

Discover what to:

1. Promote
2. Teach – after self-study or requested training
3. Teach – after facilitator training

This page could serve as a helpful resource to counties as you consider what you could offer as a part of your Recovery Action Plans.

Do you know of someone feeling stretched caring for a child with special health and/or behavioral needs?

You could tell them about **Powerful Tools for Caregivers**, a series designed to provide the family caregiver with the skills they need to take care of themselves.

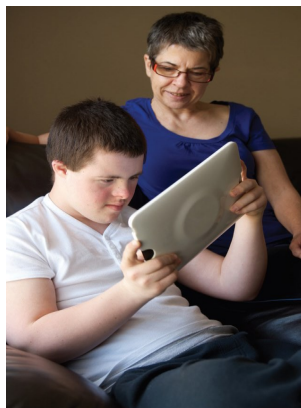
Six two-hour class sessions held once a week are led by certified, experienced class leaders.

Participants will learn to: • Reduce stress • Better communicate their feelings • Improve self-confidence • Increase ability to make tough decisions • Balance their life • Locate helpful resources

The series will meet virtually Thursdays May 6, 13, 20, 27, June 3, 10, 2021. The two hour class will be offered from Noon-2:00 pm or 7:00 pm-9:00 pm.

Register online for the day series [here http://bit.ly/ptc17355](http://bit.ly/ptc17355)
Or the evening series <http://bit.ly/ptc17357>

Deadline to register is April 29th to ensure materials will arrive on time or upon the classes filling. For more information contact Dawn Dunnegan, dunnegan@iastate.edu or 319-217-9474.



SAVE THE DATE! Human Sciences Coffee and Conversation

June 18, 9:00 to 10:30 am

In order to enrich our Human Sciences program outreach, many educational opportunities are now available online.

To learn about upcoming events and programs please visit our Human Sciences webpage.

Human Sciences events [online](#)

To make promotion easy use the ready-made promotional pieces in the new [Human Sciences Marketing Materials folder](#). The Cybox folder houses materials for many statewide offerings, including flyers, news releases, and social media images. We will add materials as they are available. Check back regularly as this is a work in progress.

[More event details:
www.extension.iastate.edu/calendar/](http://www.extension.iastate.edu/calendar/)

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

Human Sciences Extension and Outreach

Empowering People. Growing Lives.



Dawn Dunnegan
Family Life

Henry
127 N Main Street
Mt Pleasant, IA, 52641
P. 319 385-8126
C: 319-217-9474
dunnegan@iastate.edu



Sara Sprouse
Nutrition and Wellness

Van Buren
1313 First Street
PO Box 456
Keosauqua, IA 52565
P: 319-293-3039
sprouse@iastate.edu



Mary Weinand
Family Finance

Henry
127 N Main Street
Mt. Pleasant, IA, 52641
P. 319 385-8126
C. 319-931-5087
mweinand@iastate.edu

As a Family Life Specialist, **Dawn Dunnegan** works with programs that **strengthen families**. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from **nutrition education**. As Nutrition and Wellness Specialist, **Sara Sprouse**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

Financial education empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

Online and face-to-face classes available in Regions 19, 26, and 27

01 | **Just a Bite Managing Food Allergies in Child Care - Child Care Provider Training**
APR | Online
6:30 PM

05 | **Remote Work Certificate Program**
APR | Online
8:00 AM

05 | **ServSafe® Certified Food Protection Manager Course**
APR | Dubuque, IA
9:00 AM

05 | **What About Me? My Wellbeing**
APR | Online
12:15 PM

06 | **Healthy Relationship Education Training**
APR | Online
8:30 AM

06 | **ServSafe® Certified Food Protection Manager Course**
APR | Sigourney, IA
9:00 AM

06 | **Question. Persuade. Refer. - Youth Professionals**
APR | Online
12:00 PM

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

12 **Powerful Tools for Caregivers - Facilitator Training**
APR Online
9:00 AM

13 **Question. Persuade. Refer. - Youth Professionals**
APR Online
12:00 PM

13 **Eliminating Barriers - Child Care Provider Training**
APR Ottumwa, IA
6:00 PM

15 **Preserve the Taste of Summer 101**
APR Online
10:00 AM

15 **Preserve the Taste of Summer 101**
APR Online
6:30 PM

19 **I Only Want a Peanut Butter Sandwich! - Child Care Provider Training**
APR Online
6:30 PM

20 **ServSafe® Certified Food Protection Manager Course**
APR Ottumwa, IA
9:00 AM

20 **Question. Persuade. Refer. - Youth Professionals**
APR Online
12:00 PM

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

IOWA STATE UNIVERSITY
Extension and Outreach

21
APR
9:00 AM | **Youth Mental Health First Aid**
Online

21
APR
6:30 PM | **I Only Want a Peanut Butter Sandwich! - Child Care Provider Training**
Online

22
APR
10:00 AM | **Mental Health First Aid**
Online

22
APR
6:30 PM | **The Science of Parenting: Understanding Research and Reality**
Online

22
APR
6:30 PM | **Writing Your Retirement Paycheck**
Online

29
APR
6:30 PM | **The Science of Parenting: Positive Discipline**
Online

29
APR
6:30 PM | **Preserve the Taste of Summer: Jam Making Basics**
Online

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.

IOWA STATE UNIVERSITY
Extension and Outreach