

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 APRIL 2022

What is Iowa State University Extension and Outreach Human Sciences? [check us out](#)

Take “A Journey through Parkinson’s Disease” in April

The educational course “A Journey Through Parkinson’s Disease” is scheduled during April as part of Parkinson’s Disease Awareness Month, as well as throughout the year. Participants in the course will learn about the causes and symptoms of Parkinson’s disease and how treatments work, as well as therapeutic activities to do at home, says Malisa Rader, a human sciences specialist with Iowa State University Extension and Outreach. To see the full article go to:



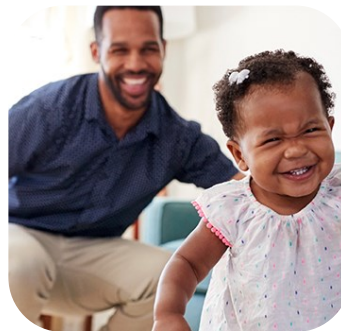
For more information about the program go to: <https://www.extension.iastate.edu/humansciences/parkinsons>

The Science of Parenting

When My Child Misbehaves: Deciding on Discipline

Consequences are a byproduct of behavior – at all ages. As an adult, if I run a red light while driving my car, I may be hit by another driver, or get a ticket if a police officer observed me run the red light. Both actions are a consequence of my behavior.

Families, too, implement consequences. Often they are meant to help shape and provide boundaries and safety for their family members. For example, a consequence coming home later than curfew may be the loss of an evening out the following week! Or perhaps the consequence for staying on a cell phone past when it is lights out is the removal of the cell phone from the bedroom during the sleeping hours. The Science of Parenting team discusses child growth and development as it relates to guidance and discipline on their latest podcast at <https://www.extension.iastate.edu/humansciences/scienceofparenting>.



of
of

Upcoming Events

**Check here for all upcoming
[Human Sciences Events](#)**

ServSafe

April 5-Sigourney

April 18 (Spanish)-Iowa City

[Registration](#)

A Journey through Parkinson’s Disease

Bloomfield, April 6, 13, and 20

[Register](#)

A Journey through

Parkinson’s Disease - Virtual

April 12, 19 and 26

[Register](#)

Gardening with Children- Child care provider training

Donnellson, April 7

[Register](#)

Question. Persuade. Refer. — Ag Professionals and Producers—Virtual

April 12

[Register](#)

The Science of Parenting

Fort Madison, April 12

Keokuk, April 19

[Register](#)

Preserve the Taste of Summer 101

West Burlington, April 12

[Register](#)

Food Safety for Events

Keosauqua, April 14

[Register](#)

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 Engages Iowans Through Research-Based Education

Donna Donald, Senior Manager, Education Extension, will retire effective June 1, 2022.



A celebration is scheduled for April 27 (Human Sciences Professional Development Day) from 2:45 – 4:00 pm, with comments at 3:15, Scheman Building. All are welcome. Donna Donald will retire from Iowa State University after nearly 48 years of service. Read the March 18 Human Sciences [Community Chat](#) for more about Donna's legacy.

SAVE THE DATE: April 27 and 28 is Human Sciences Professional Development Day and Team Meeting Days at the Iowa State Center, Scheman Building. County staff are welcome to join us! Registration is required. Click here to [register](#). Registration is open from Monday, April 4—Friday, April 8 at noon. Explore the agenda [here](#).

Human Sciences Team for Regions 19, 26 and 27



Dawn Dunnegan
Family Wellbeing
dunnegan@iastate.edu
319-217-9474



Sara Sprouse
Food and Health
sprouse@iastate.edu
319-293-3039



Hailey Burgher
Family Wellbeing
hburgher@iastate.edu
641-895-9037

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.

Helpful Resources

IOWA STATE UNIVERSITY
Extension and Outreach

Iowa Concern Hotline
800-447-1985

Finances • Legal Concerns • Stress
Disaster Recovery • Resources • Referral

24/7 phone support • confidential • free



www.COVIDrecoveryiowa.org or call
1-844-775-9276.

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**

1-800-273-8255

**ANSWER
LINE**

1-800-262-3804

IOWA STATE UNIVERSITY
Extension and Outreach