

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

With long school days upon us that means plenty of time indoors. Remember the importance of getting kids outdoors. Research tells us, "As little as four minutes in a garden or in nature will start to reduce stress, improve mood, and steady the vital signs." Other benefits of taking children outdoors include: the symptoms of ADHD seem to improve, lower levels of stress and anxiety, increase in creativity, improved problem solving skills, better social skills, added exercise and reduction in childhood obesity and more.



## Powerful Tools FOR Caregivers

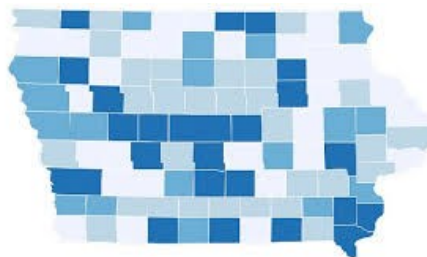
### Powerful Tools for Caregivers Program Transitions to Iowa State University

Look for upcoming program opportunities to share [here](#) and class

leader training dates [here](#). This is a wonderful move for Iowa State University Extension and Outreach [to adopt this](#) international program.

Did you know that you can find your city, county, region and state data at [Data for Decision Makers?](#)

You can find information on health, housing, income, employment, aging, and more. Take a look to help you plan programming in your area.



### Spanish ServSafe® Certification for Foodservice Managers

*Two classes will be offered in Spanish this fall:*

**Wednesday, September 1**—9:00 a.m. to 6:30 p.m.

**Johnson County Extension Office, 3109 Old Hwy 218 S, Iowa City**

**Monday, October 4** - 9:00 a.m. to 6:30 p.m., **Louisa County Extension Office, 317 Van Buren St., Wapello.** Trainings will be delivered in Spanish by nutrition and wellness specialist, Mary Krisco.

Registration is [online](#)

## Upcoming Events

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

### **Question. Persuade. Refer. (QPR) - Virtual**

August 3 - Ag Professionals and Producers

August 17 - Ag Professionals and Producers

[Registration](#)

### **Preserve the Taste of Summer Virtual**

August 04 - Salsa Making

August 05 - PTTS 101

August 24 - Totally Tomatoes

September 13 - All About Apples

### **In Person**

August 5 - Salsa Making

Donnellson

August 26 - Pickle Making

Sigourney

August 30 - PTTS 101

Iowa City

[Registration](#)

### **Remote Work Certification Program - Virtual**

August 2 - August 30

September 7 - September 30

[Registration](#)

### **ACT Raising Safe Kids Virtual**

August 23 - October 25

[Registration](#)

### **Mental Health First Aid Youth Virtual - August 18th**

**In Person** November 18th

Iowa City

[Registration](#)

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.

**ACT Raising Safe Kids** - ACT Raising Safe Kids is a nine-week, evidence-based parent education program that focuses primarily on educating parents and other adults who raise and provide care for young children. The goal is to help them create early environments that protect children from violence. Research indicates that effective parenting is a critical factor to prevent youth behavior problems, according to the American Psychological Association. Foster parent credit hours are available. For more information contact Dawn Dunnegan 319-217-9474 or [dunnegan@iastate.edu](mailto:dunnegan@iastate.edu)

### REGISTER TODAY



### **Remote Work Certification Course**

Are you interested in a career that allows you to work from home? Equip yourself with the tools and skills needed to transition from on-site work into a virtual career or freelance work? [Register here today!](#)

## Human Sciences Resources

For more news visit:

<https://www.extension.iastate.edu/news/>

[Science of Parenting podcasts](#)

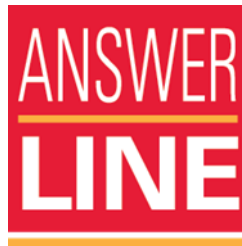
[ISU Extension and Outreach Blogs](#)

[Spend Smart. Eat Smart.](#)

[AnswerLine](#)

[Iowa Concern Hotline](#)

[Finding Answers Now](#)



## Your Human Sciences Specialist Team

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## More Upcoming Events

### **ServSafe**

#### **In Person**

August 10 - Iowa City

August 24 - Ottumwa

September 14 - Iowa City

September 28 - Donnellson

[Registration](#)

### **Powerful Tools for Caregivers of Adults**

#### **In Person**

Fairfield

Dates TBD

### **Iowa State University Extension and Outreach Event Family Night**

September 7 - Burlington

### **The Science of Parenting: Virtual**

September 26 -

Understanding Research

and Reality Research

September 23 - Positive

Discipline

[For more information](#)

### **Stay Independent: A Healthy Aging Series Virtual**

October 6 - November 10

[Registration](#)

### **Growing Up Wild**

October 23rd

Childcare Provider Training

Des Moines County

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**IOWA STATE UNIVERSITY**  
Extension and Outreach