

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

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



## Walk With Ease: A program for better living

Walk with Ease is an evidence-based program designed to help older adults establish healthy patterns of physical activity. The Physical Activity and Health Promotion Lab at Iowa State University is seeking older adults to participate in a research evaluation of the self-directed Walk with Ease program and evaluate enhancements designed to promote long-term walking routines. Features of the program include: Learn skills to build healthy habits, virtual sessions offer flexibility and convenience, and a free guidebook and virtual resources. For more information, go to [www.walkwitheaseisu.org](http://www.walkwitheaseisu.org).

## Stay Independent: A Healthy Aging Series

It's never too early—or too late—to set realistic goals for eating well and moving more. Learn the health benefits of eating well and how to strengthen your muscles to stay independent for life. Sample healthy, tasty, and low-cost food and trade tips with peers. The *Stay Independent* series is for adults age 60 and older and covers the following topics:

**Three Meals a Day**

**Feast on Fruits and Vegetables**

**Power Up with Protein**

**Exercise Your Independence**

**Cooking for One or Two**

**Brain Health**



This series will be offered in several locations this winter and virtually. Visit the [Stay Independent](#) webpage for locations and to register.

## Upcoming Events

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

### ServSafe — In Person

March 1—Keosauqua  
March 10—Iowa City  
March 29—Donnellson  
[Registration](#)

### A Journey through Parkinson's Disease - Virtual

February 7, 14 and 21  
[Register](#)

### Powerful Tools for Caregivers—Adults

Feb. 8 — Mar 15, 2022 Virtual  
[Register](#)

### Question. Persuade. Refer. — In Person @ Jefferson Co.

February 8  
[Register](#)

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

February 8  
[Register](#)

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

Feb. 15-Mar. 22  
[Register](#)

### ACT Raising Safe Kids - Virtual

Feb. 17 — April 14, 2022  
[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



### Question. Persuade. Refer.

Say “Yes” to saving the life of a friend, colleague, sibling, or neighbor. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer

someone for help. Look for several face to face and online training opportunities being offered in your area. Would your organization be interested in hosting a training? Contact Dawn Dunnegan at 319-217-9474 or [Dunnegan@iastate.edu](mailto:Dunnegan@iastate.edu) or contact your local county extension office to learn more today.

### Human Sciences Team for Regions 19, 26 and 27



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### 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](http://www.COVIDrecoveryiowa.org) or call  
1-844-775-9276.

NATIONAL  
**SUICIDE  
PREVENTION  
LIFELINE**

**1-800-273-8255**

**ANSWER  
LINE**

**1-800-262-3804**

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Extension and Outreach