

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

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

A Journey Through Parkinson's Disease

Growing older is the greatest risk factor for acquiring Parkinson's disease and many people live with symptoms for several years before being diagnosed. *A Journey Through Parkinson's Disease* teaches the causes and symptoms to look for and how treatments work. The series consists of three, one-hour sessions scheduled for October 11, 18, and 25 from 1 to 2 p.m. Participants may join by computer or phone and technical assistance is available. Through support from a community grant from the Parkinson's Foundation, there is no cost to attend the series.

To register, scan the QR code or contact Sara Sprouse at 319-293-3039 or by e-mail at sprouse@iastate.edu.



Safe Food for a Healthy Future-Child Care Provider Training

How do we protect children from foodborne illnesses? Assess your current food safety practices and develop action plans to improve practices and fight foodborne illness during this virtual training opportunity. The virtual training will be held on October 11 from 6 to 8 p.m. via Zoom.



Register at <https://go.iastate.edu/WFNPWG>. Cost is \$10. Participants will receive 2 hours credit for childcare license renewal approved by Iowa Department of Human Services (DHS) and Child and Adult Care Food Program (CACFP). This training also meets the Food Safety requirement for IQ4K. For questions, contact Sara Sprouse at 319-293-3039 or by e-mail at sprouse@iastate.edu.

Upcoming Events

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

Remote Work Certificate

October 3—Virtual

[Register](#)

Your Money, Your Future: Making Ends Meet

October 3—Washington

[Register](#)

ACT Raising Safe Kids

October 4—Virtual

[Register](#)

Preserve the Taste of Summer 101

October 8—Fairfield

[Register](#)

A Journey Through Parkinson's Disease

October 11, 18, 25—Virtual

[Register](#)

Safe Food for a Healthy Future-Child Care Provider Training

October 11—Virtual

[Register](#)

Powerful Tools for Caregivers -Adults

Starts October 12—Fort
Madison

Starts October 13—Washington

[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

We Want to Hear from You!

As technology continues to evolve, Iowa State University Extension and Outreach is launching a statewide survey that will help us deliver the research-based education and resources you want, in ways that fit you best. And, as a friend of extension, your voice is an important one.



Your responses will tell us about the technology you prefer, the topics you want to learn more about, and the issues that are important to you. What we learn will help us improve on the way Iowans access, receive, and engage with extension education. Please take a few minutes and complete the survey and share with others - those we know and those we may not have reached yet. Thank you!

View an informational [video](#) about our survey.
Take the survey here: extension.iastate.edu/survey

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
or call
1-844-775-9276.

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**

1-800-273-8255

**ANSWER
LINE**

1-800-262-3804

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