

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

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

**May is Mental Health Awareness Month!**

**Resource Spotlight: Iowa Concern Hotline**

**We are here to help.**

Trained staff are available to take your calls through our toll free, 24/7 hotline. Services are FREE and CONFIDENTIAL. Language interpretation available.

1-800-447-1985



Iowa Concern is a program of [Iowa State University Extension and Outreach](#). The program began in 1985 as a toll-free number serving the agricultural community. Today, Iowa Concern serves both urban and rural Iowans.

Iowa Concern services are available 24 hours a day, 7 days per week at no charge. Iowa Concern has access to an attorney for legal education, stress counselors, and information and referral services for a wide variety of topics.

Access Iowa Concern Resources:

- **Hotline** - toll-free at 1-800-447-1985; language interpretation services available
- **Live chat service** that immediately connects you with a stress counselor where you can "talk" (type) one-on-one in a secure environment
- **Email an expert** with your [legal](#), [finance](#), [stress](#), or [crisis/disaster](#) questions.

## Upcoming Events

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

**Remote Work Certificate**

May 2- Virtual

[Register](#)

**Gardening with Children-  
Child Care Provider Training**

May 3- Fairfield

[Register](#)

**A Journey through  
Parkinson's Disease**

May 4 - Virtual

[Register](#)

**Preserve the Taste of  
Summer 101**

May 4 - Ottumwa

[Register](#)

**Writing Your Retirement  
Paycheck**

May 5 - Virtual

[Register](#)

**Powerful Tools for Caregivers  
- Adults**

May 5 - Virtual

[Register](#)

**Preserve the Taste of Summer  
101**

May 9 - Virtual

[Register](#)

**ServSafe® Certified Food  
Protection Manager Course**

May 10 - Iowa City

[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.

**IOWA STATE UNIVERSITY**  
Extension and Outreach

# Human Sciences Extension and Outreach

## Engages Iowans Through Research-Based Education

### Take “Preserve the Taste of Summer 101” virtually in May

Love that fresh garden produce but have more than you can eat? Preserve it! It's not difficult, but you do need to follow safe methods. You'll learn how to can, freeze, and dry foods safely at home in this introductory course.

The educational course “Preserve the Taste of Summer 101” is scheduled in Ottumwa on May 4th and virtually on May 9th. For more information about the program go to: <https://www.extension.iastate.edu/humansciences/preserve-taste-summer>.



### The Science of Parenting: Gauge by Their Age

Guiding children often comes with many decisions that impact how children grow and develop, and discipline strategies are one of the many decisions. Depending on the child's age and stage of development, the strategy will be different. For toddlers and preschoolers, appropriate discipline may involve simply distracting children or giving them something different to do to redirect their attention away from misbehaviors.

As children get older and can understand more complex reasoning and explanations, parents' discipline approaches may be more adaptive as they rely more on reasoning to manage children's behaviors. The real goal of parental discipline is to teach children how to behave in desired ways. Visit the [Science of Parenting blog](#) for more information on how to strategically guide your child through all of their ages and stages.

### 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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