



## Human Sciences Newsletter: Regions 19, 26 & 27

### Upcoming Events in November

11/1- ServSafe (Iowa City) [Registration](#)

11/1- The Science of Parenting:  
Understanding Research and Reality  
(Online) [Registration](#)

11/1- Small Change:  
Building Financial Security - Educators  
(Online) [Registration](#)

11/1- ACT Raising Safe Kids (Online)  
[Registration](#)

11/2- Passport to Early Childhood  
Education for Program Administrators  
(Online) [Registration](#)

11/2- Question. Persuade. Refer.  
Ag Professionals & Producers  
(Online) [Registration](#)

11/2- Our Bookshelf (Online) [Registration](#)

11/7- Remote Work Certificate Course  
(Online) [Registration](#)

11/7- Youth Mental Health First Aid  
(Online) [Registration](#)

11/7- Our Bookshelf (Online) [Registration](#)

11/7- Caregiving Relationships:  
Conversations on Aging (Online)  
[Registration](#)

11/7- Environment Rating Scale - Family  
Child Care (FCCERS-3) (Online)  
[Registration](#)

11/8- The Science of Parenting: Positive  
Discipline (Online) [Registration](#)

11/8- Our Bookshelf (Online) [Registration](#)

To see a complete list of programs  
happening in November visit <https://www.extension.iastate.edu/humansciences/events>

### All About Winter Squash

The arrival of autumn also means the arrival of winter squash at the grocery store, farmers market and in the home garden. Winter squash are popular and healthy vegetables providing vitamins A and C as well as fiber.

Winter squash are members of the cucurbit family, which includes squash, gourds, melons and cucumbers. To learn all about Winter Squash, such as the proper way to harvest and store it, visit <https://www.extension.iastate.edu/news/yard-and-garden-winter-squash>.



Spoiler Alert: Pumpkins are considered winter squash!

### Apply for a Growing Together Iowa Mini-Grant!

#### What is a Growing Together Iowa mini-grant?

Growing Together mini-grants help fund materials for Master Gardener volunteer donation garden projects since 2016. Mini-grants can be used to purchase materials like seeds, fencing, and harvest supplies for food pantry donation gardens.

#### Do I qualify to apply for a mini-grant?

To be eligible to apply, the following individuals need to be actively involved in the application:

- Iowa Extension County Staff person
- Master Gardener
- Food Pantry Director

#### When are mini-grants due?

The 2023 applications are due December 19, 2022 by 5 pm. Read the [guidance and application here](#). Here is a [sample mini-grant application](#). If you are interested in applying for a Growing Together Mini-Grant or have any questions, please reach out to Human Sciences Specialist Sara Sprouse at [sprouse@iastate.edu](mailto:sprouse@iastate.edu) or by phone at 319-293-3039.

## 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 lowans 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 here:

[We Want to Hear From You! Video](#)

You can take the survey here: [extension.iastate.edu/survey](https://extension.iastate.edu/survey)

## Program Highlight: Mental Health First Aid

**#DYK?** More than one-third of Americans have displayed signs of anxiety, depression or both since the pandemic began.



Mental Health First Aid training takes the fear out of starting conversations about mental health. MHFA teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Be the one who is willing to assist a loved one, client, or co-worker in crisis. Join us on December 15th for a 6-hour virtual instructor-led certification training. This program also includes a 2 hour self-study course to be completed prior to the certification training.

[Click here to register.](#)

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



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