

Human Sciences Extension and Outreach NEWSLETTER REGIONS 19,26, AND 27 OCTOBER 2020

HUMAN SCIENCES ONLINE CLASSES

Fall 2020 Child Care Provider Training:

<https://www.extension.iastate.edu/humansciences/cc-provider>

Due to COVID-19 concerns, Iowa State University (ISU) Extension and Outreach will offer several online trainings for child care providers this fall. Each training will be offered at two different times and taught by ISU Extension and Outreach Human Sciences Specialists.



Fall 2020 ONLINE TRAINING CHILD CARE PROVIDERS

SESSIONS: 3-hour credit

- 1. **Countable: Getting What You Want**
October 8 & 9:00am - October 10, 10:00am
- 2. **Action Speak Loudly than Words**
October 22 & 9am - October 23, 9am
- 3. **Prevention and Pitfalls**
November 1 & 8:30am - November 2, 9:00am
- 4. **Safe Food for a Healthy Future**
November 18 & 8:30am - November 19, 9:00am

Additional Information:
www.extension.iastate.edu/humansciences/cc-provider

Upcoming Events

In order to prioritize safety, we have postponed many face-to-face events. To learn about upcoming events and programs please visit our Human Sciences webpage.

**Human Sciences events
[online](#)**

[More event details:
www.extension.iastate.edu/calendar/](http://www.extension.iastate.edu/calendar/)



More produce than you can eat? Learn how to preserve it!

Preserve the Taste of Summer
1-hour ONLINE sessions / No cost / Registration required

- Totally Tomatoes**
Thursday, October 8 / 6pm
Thursday, October 8 / 8pm
Monday, October 12 / 6pm
Monday, October 12 / 8pm
- All About Apples**
Thursday, October 22 / 6pm
Thursday, October 22 / 8pm
Wednesday, October 28 / 6pm
Wednesday, October 28 / 8pm

More information and registration:
www.extension.iastate.edu/humansciences/preserve-taste-summer

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Fall Preserve the Taste of Summer Classes

<https://www.extension.iastate.edu/humansciences/preserve-taste-summer>

Enjoy the taste of summer all year long! Join us for these one-hour food preservation sessions.

Fall Write Your Retirement Paycheck

<https://www.extension.iastate.edu/humansciences/retirement>

It's not too soon to take steps to make your resources last a lifetime. You can "write" your own retirement paycheck as you learn to make informed decisions about your retirement savings and withdrawals. You'll learn how health insurance, inflation, required minimum distributions, and taxes will impact your retirement paycheck.



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Retiring within the next 10 years?

- Take steps now to make your resources last a lifetime
- Consider when to claim Social Security
- Plan for required income
- Avoid surprise expenses in retirement

Writing Your Retirement Paycheck

Three ONLINE Workshops Available in Fall 2020

Each workshop includes two sessions of one hour each

- Workshop 1: Oct 8 and 15, 6:30-8:00pm / Register at: www.extension.iastate.edu/humansciences/retirement
- Workshop 2: Oct 22 and 29, 10:00am / Register at: www.extension.iastate.edu/humansciences/retirement
- Workshop 3: Nov 11 and 18, 6:30-8:00pm / Register at: www.extension.iastate.edu/humansciences/retirement

Fee: \$25 per person / \$40 per couple

More information on workshops and registration information:
Call contact Ross Wilburn, 515-294-1482 / rwilburn@iastate.edu
or email: ross.wilburn@iastate.edu / www.extension.iastate.edu/humansciences/retirement

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.

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Human Sciences Extension and Outreach

Empowering People. Growing Lives.



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As a Family Life Specialist, **Dawn Dunnegan** works with programs that *strengthen families*. Some of the topics of interest to families include: quality childcare, parenting, relationship education, communication skills, wellness, and adult caregiving.

Families, schools, foodservices, and worksites all benefit from *nutrition education*. As Nutrition and Wellness Specialist, **Sara Sprouse**, provide leadership, delivery, and support for integrated content areas which includes: family nutrition and health, food safety, food preservation, wellness, and obesity.

Financial education empowers individuals and families to manage resources effectively, make informed decisions, and increase assets. As a Human Sciences Specialist, Family Finance, **Mary M. Weinand** provides learning opportunities to help individuals acquire knowledge and skills to build financial security.

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