Human Sciences Program Highlights

**A Journey Through Parkinson’s Disease**

This three-session educational offering was designed as an introductory program to enhance participant’s awareness of the symptoms of Parkinson’s Disease. The program includes three 1-hour sessions which are offered both virtually or in-person. Parkinson’s Disease is a chronic, progressive disease with a high prevalence and incidence in the Midwest including Iowa. It is estimated the number of people diagnosed with Parkinson’s Disease will double by 2040 (National Institute of Neurological Disorders and Stroke, 2015). Cathy Drost was trained as a facilitator in December 2021 with interest in scheduling this series for groups in south central Iowa.

**Your Money, Your Goals**

Talking about money and goals may be difficult for you while you are helping clients address other complex issues. You’ll discover how to have money conversations with the people you assist to help them achieve their financial goals. You will learn how to help others set goals, save money, manage credit, get organized, and more.

**Intended audience:** Nonprofit groups, volunteers, clergy, and social service providers who assist clients/members with financial management concerns.

**Format:** 4-hour workshop.

**Topics:** Materials are based on the Consumer Financial Protection Bureau’s Financial Empowerment Toolkit for Social Services.

- Financial values/smart goals
- Spending plans
- Saving money
- Credit management
- Getting organized
- Community resources

Upcoming Events

**Our Bookshelf-Online**
Adults/caregivers with children ages 3-6
February 1-February 22
10:00-10:30 AM
**Spanish** Feb. 1-Feb. 22
7:00-7:30 PM
Feb. 2-Feb. 22 12:00-12:30 PM
[Registration]

**Remote Work Certificate Course-Online**
February 7-March 4
[Registration]

**Journey Through Parkinson’s Disease-Online**
February 7-February 21
3:00-4:00 PM
[Registration]

**Powerful Tools for Caregiving-Online**
February 8-March 15
10:00-11:30 AM
[Registration]

**What About Me? My Wellbeing-Online**
February 9-March 2
12:15-1:00 PM
[Registration]

**ServSafe® Certified Food Protection Manager course**
February 10-Indianola
March 17-Albia
9:00-6:00 PM
[Registration]
Stay Independent: A Healthy Aging Series-Online
Feb.15-March 22 6:30-7:30 PM
Feb.16-March 23 10:00-11:00
Registration

SpendSmart.EatSmart-Healthy Eating on a Budget
Winterset Public Library
February 15 12:00-1:00 PM
Registration

Fresh Conversations
Carlisle Community Center
February 16 11:30-12:15 PM

ACT Raising Safe Kids-online
February 17-April 14 6:30-8:30 PM
Registration

I Only Want a Peanut Butter Sandwich-Child Care Provider training online
February 22 6:30-8:30 PM
Register in I-Power also
Registration

Your Money, Your Goals-online
February 23 9:00-11:30AM (Part 1), 1:00-3:00PM (Part 2)
Registration

Science of Parenting-Understanding Research & Reality-online
February 24 7:00-8:00 PM
Registration

Human Sciences Resources

- Science of Parenting Podcasts
- ISU Extension and Outreach Blogs
- SpendSmart.EatSmart
- AnswerLine
- Iowa Concern Hotline
- Finding Answers Now

Your Human Sciences Team

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