

# Education for Your Congregation and Community

## Why partner with Iowa State University Extension and Outreach?

- We provide research-based information and education to help Iowans make decisions that improve their lives.
- We provide workshops on days and times most convenient for participants. Workshops are delivered at your location.
- Workshops provide an opportunity for you to invite others from the community to learn with you.

For more information or to schedule any of the programs listed, contact Krista Regennitter, Muscatine County Extension Director, (563) 263-5701, [kristar@iastate.edu](mailto:kristar@iastate.edu)



*Imagine  
improving your  
life, your family,  
and your  
community to  
create a better  
world.*

## HUMAN SCIENCES SPECIALISTS

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*Empowering People.  
Growing Lives.*

Iowa State University Extension and Outreach  
Muscatine County

### **What About Me? My Wellbeing**

Participants will learn to enhance their wellbeing and quality of life. You will be engaged in hands-on learning and develop a personal plan for your own wellbeing.

*Audience:* Adults of any age

*Duration:* 4 sessions, 45 minutes per session

*Group size:* 10-25

*Cost:* Free

## **FAMILY FINANCE**

### **Finances of Caregiving**

Caregivers and care receivers will learn about financial solutions and tools for long-term care. You will learn how to find and collect information necessary for planning.

*Audience:* Caregivers and/or individuals planning for future care

*Duration:* 4 sessions, 1.5-2 hours per session

*Group size:* 10 or more

*Cost:* \$35 individual or couple

### **Smart Use: Health Insurance**

*Smart Use Basics* - Increases understanding of health insurance and provides strategies for selecting a health care plan that will meet health care needs and fit your spending plan.

*Smart Use Health Insurance Smart Action s-* Identifies smart actions that will help you become a smart user of health insurance.

*Audience:* Consumers of health insurance

*Duration:* 1 session (2 hours) or 2 sessions (1 hour each)

*Group size:* 10 or more

*Cost:* Free to participants, donation accepted

### **Writing Your Retirement Paycheck**

Adults planning for retirement will learn how health insurance, inflation, required minimum distributions and taxes will impact their retirement paycheck. You will discuss models for sustainable income.

*Audience:* Adults within 10-15 years of retirement

*Duration:* 2 sessions; 2 hours per session

*Group size:* 10 or more

*Cost:* \$25/individual or couple

### **Your Money, Your Future: Making Ends Meet**

Consumers will participate in activities and discussions to help stretch limited dollars and take control of their finances.

*Audience:* Consumers with limited resources

*Duration:* 2 sessions; 1.5 hours per session

*Group size:* 10 or more

*Cost:* Free to participants, donation accepted

## **FAMILY LIFE**

### **Ouch! That Stereotype Hurts**

Adults will learn the impact of bias and stereotypes and effective strategies for speaking up against bias and stereotypes without blame or guilt.

*Audience:* The workshops are suited to individuals and community groups interested in promoting civil dialogue.

*Duration:* 1 or 2 hour workshops available

*Group size:* Limited to 40 participants per session

*Cost:* \$150

### **ELEVATE: Taking Your Relationship to the Next Level**

Couples will learn and practice seven core skills found to be essential in maintaining a healthy and stable relationship.

*Audience:* Couples preparing for marriage or a long-term relationship; couples expecting a child; blended families

*Duration:* Series of 8, 1-hour classes or 4, 2-hour classes.

*Group size:* limited to 30

*Cost:* Dependent upon number of participants – ask for pricing

### **Caregiving Relationships: Conversations on Aging**

Family members will recognize how caregiving affects relationships among family members. You will learn skills in talking and listening to address changing needs in later life.

*Audience:* Family caregivers

*Duration:* 2-hour workshop

*Group size:* Limited to 40 participants

*Cost:* Fee negotiable

## **Strengthening Families Program: For Parents and Youth 10-14**

Parents and caregivers will learn nurturing skills that support children and how to effectively discipline and guide youth 10-14 years of age. Youth will learn skills for dealing with stress and peer pressure.

*Audience:* Parents or caregivers of children between the ages of 10-14, along with their children who are 10 – 14 years of age.

*Duration:* Series of seven workshops – 1 per week, 2.5 hours/each workshop

*Group size:* Limited to 12 families

*Cost:* Dependent upon number of participants: Ask for pricing

## **Powerful Tools for Caregivers – Adults with chronic conditions or Children with special health or behavioral needs**

Caregivers will learn skills for self-care. You will learn ways to reduce stress, establish balance in your life, communicate your needs and make tough decisions.

*Audience:* Family caregivers

*Duration:* Six sessions, 1.5 hours (chronic conditions), 2 hours (children with special health or behavioral needs)

*Group size:* Limited to 20

*Cost:* \$30 individual, \$40 couple

## **A Journey through Parkinson's Disease**

Participants will enhance their awareness of the causes and symptoms of Parkinson's Disease (PD). You will understand how treatments work and learn about therapeutic activities that can be completed in the home.

*Audience:* Anyone interested in learning about Parkinson's Disease, including families with a diagnosis

*Duration:* 3, 45-minute sessions

*Group size:* Limited to 40

*Cost:* Free

## **NUTRITION AND WELLNESS**

### **Healthy and Homemade Series**

A series focused on strategies for using your time, money, and skills wisely to save money and prepare nutritious, safe foods. Must register for three or more of the following sessions.

- **Cook Now, Enjoy Later** – Discover how planning ahead can reduce stress, save money, and provide your family nutritious, home-cooked meals.
- **Cooking for One or Two** – Learn strategies to make the most out of cooking for a household size of one or two.
- **Healthy Choices Aisle by Aisle** – A virtual grocery tour will help individuals identify and purchase the most nutritious items with their food dollars.
- **Slow Cooker Meals** – Explore the benefits of the slow cooker, food safety tips, and meal ideas.
- **Veg Out:** - Explore the benefits of vegetables, sample recipe ideas, and learn how to increase fruit and veggies in your diet.

*Audience:* Adults

*Duration:* 1 hour per session

*Group size:* 10 or more

*Cost:* \$30/individual for three sessions; \$10 for additional session

### **Stay Independent: A Healthy Aging Series**

Older adults will learn how to stay healthy and be independent. You will be able to exchange ideas with peers to help you meet your health goals and sample healthy recipes.

*Audience:* Adults over 60 years of age

*Duration:* 5 sessions, 1 hour each

*Group size:* 5 or more

*Cost:* \$10/individual

## Preserve the Taste of Summer

Home food preservers will learn safe methods to preserve food through hands-on workshops. Topics include:

- **Jams and Dehydration** - Learn safe methods to preserve jams and dehydrate foods.
- **Water Bath Canning and Freezing (Salsa Making)** - Learn safe methods to preserve food using the hot water bath canning and freezing methods.
- **Pressure Canning**- Learn safe methods to preserve food by pressure canning.
- **Pickle Making** - Learn safe methods to preserve foods by pickling.

*Audience:* Adults

*Duration:* 4 hours each workshop

*Group size:* 10 Maximum

*Cost:* \$35/individual per workshop

## Food Preservation 101

Home food preservers will learn the basics of safe methods to preserve food.

*Audience:* Any age

*Duration:* 1.5 hours

*Group size:* 10 or more

*Cost:* \$10/individual

## SafeFood

Food safety training program which covers fundamental food safety information.

*Audience:* Adults

*Duration:* Up to 4 hours (depends on audience)

*Group size:* 10 or more

*Cost:* \$35/individual

Program fees vary; individual and group rates available. Contact us for details. Fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program

## ADDITIONAL FREE RESOURCES

### AnswerLine

**Iowa only (800) 262-3804 | Out-of-State (515) 296-5883**

Monday–Friday, 9:00 a.m.–Noon, 1:00–4:00 p.m.

Home and family questions: cooking, cleaning, food preservation and safety, nutrition, textiles, laundry

[www.extension.iastate.edu/humansciences/answerline](http://www.extension.iastate.edu/humansciences/answerline)

### Healthy Families

**(800) 369-2229**

available all hours, all days

Prenatal, child health, and women's health care questions and information

[www.womenshealthiowa.info](http://www.womenshealthiowa.info)

### Iowa 2-1-1

**2-1-1**

available all hours, all days

Resource referral for housing, health, food, family, transportation, employment, education, and legal assistance

[www.211iowa.org](http://www.211iowa.org)

### Iowa Concern

**(800) 447-1985**

available all hours, all days

Financial questions, legal education, stress counseling

[www.extension.iastate.edu/iowaconcern](http://www.extension.iastate.edu/iowaconcern)

### Teen Line

**(800) 443-8336**

available all hours, all days

Personal and health-related information and referral

### Ask an Expert

**<http://bit.ly/ask-expert-iowa>**

Submit your question and we'll send it to someone in

Extension that can answer it. A response will be sent to your email address.

Dial 711 for TTY/TDD Telecommunication Device for the Deaf.