

# Human Sciences Extension and Outreach

## Empowering People. Growing Lives.

### REGIONS 1 & 5 - HUMAN SCIENCES

### SEPTEMBER, OCTOBER, AND NOVEMBER 2018 PROGRAM NEWS

#### Current and Upcoming Events

##### **NEW UPCOMING PROGRAMS:**

###### FAMILY FINANCE

**AgCiting** Clay County Fair, Spencer, Tuesday, September 10, 9:00-4:00 PM

**Your Money, Your Goals** Palo Alto County Extension Office, Emmetsburg, Thursday, September 13, 9:00- 4:00 PM

**High School Financial Planning** Storm Lake AEA, September 18, 9:30-3:30 PM

###### **Identity Theft Prevention**

Sibley Public Library, Tuesday, September 18, 6:30-7:30 PM

Pizza Ranch, Rock Rapids, Thursday, September 27, 12:00—1:00 PM

###### **Downsizing for Senior Living**

Foster Grandparent Program, Rock Valley, Tuesday, October 2, 12:30—1:30 PM

Senior Companion Program, Middleburg, Thursday, November 2, 12:30—1:30 PM

Doon Women's Group, Doon, Monday, November 5, 7:00—8:00 PM

**Small Change** Woodbury County Extension Office, Sioux City, Monday, October 8, 4:15—6:15 PM

**Preschoolers and Pennies Child Care Provider Training** Osceola Community Hospital, Sibley, Tuesday, October 16, 6:30-8:30 PM

###### **Writing Your Retirement Paycheck**

Monona County Extension Office, Onawa, Tuesdays, November 6 and 13, 11:30-1:30 PM

Dickinson County Extension Office, Spirit Lake, Tuesdays, November 27 and December 4, 5:30-7:30 PM

**Spending Leaks** Village NW Unlimited, Sheldon, Thursday, November 15, 1:00—3:00 PM

**Annie's Project** Plymouth County Extension Office, Le Mars, Monday, November 19, 5:30— 8:30 PM

###### FAMILY LIFE

###### **CHILD CARE PROVIDER SERIES**

**Moving to Learn** Dickinson County Nature Center, Okoboji, Tuesday, September 4, 6:00—8:00 PM

**The Importance of Visual Spatial Learning** Dickinson County Nature Center, Okoboji, Tuesday, September 11, 6:00—8:00 PM

**Flora, Fauna and Family Engagement** Dickinson County Nature Center, Okoboji, Tuesday, September 18, 6:00—8:00 PM

**Navigating Difference Cultural Competency Training** Sioux County Extension Office, Orange City, Tuesday—Thursday, October 2—4, 8:00 AM—4:30 PM

###### **Powerful Tools for Caregivers**

Calvary Methodist, Arnolds Park, Thursdays, October 4—November 8, 9:00 AM—10:30 AM

First Presbyterian Church, Paullina, Thursdays, October 4—November 8, 4:15—5:45 PM

**Early Childhood Childcare Environmental Rating Scales** Sioux County Extension Office, Orange City, Tuesdays, October 9—30, 6:30—8:30 PM

**School Age Childcare Environmental Rating Scales** Morningside AEA, Sioux City, Tuesdays, November 6—27, 6:30—8:30 PM

**Healthy Relationship Education** Iowa Lakes Community College, Spencer, Friday, November 9, 8:00 AM—4:00 PM

**Family Storyteller** Paullina & Sibley Public Libraries, TBA

###### NUTRITION AND WELLNESS

**Food Preservation 101** Woodbury County Master Gardner Class, Woodbury County Extension Office, Sioux City, Thursday, September 27, 6:15-8:15 PM

**Stay Independent: A Healthy Aging Series**, Century 2 Apartments, Sioux City, Wednesdays, August 29, September 5, 12, and 19, 2:00—3:00 PM

###### **Veg Out with Local Fall Produce**

Boyden Library, Boyden, Thursday, September 6, 6:30—8:30 PM

Woodbury County Extension Office, Sioux City, Monday,

September 10, 5:30 PM

Monona County Extension Office, Onawa, Monday, September 24, 5:30 PM

###### **ServSafe®**

Woodbury County Extension Office, Sioux City, Wednesday, September 19, Wednesday, October 10, Monday, November 5, or Tuesday, December 4

8:30 AM—5:30 PM

Northwest Iowa Community College, Sheldon, Tuesday, October 9, 8:30 AM—5:30 PM

Clay County Extension Office, Spencer, Tuesday, October 30, 8:30 AM—5:30 PM

Dickinson County Extension Office, Spirit Lake, Tuesday, October 2, 8:30 AM—5:30 PM

Spanish ServSafe, Woodbury County Extension Office, Sioux City, Monday, November 12, 8:30 AM—5:30 PM

**Northwest Iowa Nutrition Conference**, LeMars Convention Center, LeMars, Thursday, September 20, 8:00-4:30 PM

#### Highlights

##### **STAY INDEPENDENT: A HEALTHY AGING SERIES**

is a nutrition and wellness program for adults age 60+. Nutrition risk assessments of older Iowans that live independently revealed that nearly one out of four are at risk for malnutrition or are malnourished.

The Stay Independent series provides research-based nutrition and wellness information intended to help reduce their nutritional risk and sarcopenia (age-related muscle wasting) risk.



# Human Sciences Extension and Outreach

## Empowering People. Growing Lives.

### Highlights (cont'd)

Stay Independent is comprised of four lessons: Three Meals a Day, Feast on Fruits and Vegetables, Power Up with Protein and Exercise Your Independence and an additional fifth lesson Cooking for One or Two.



The program is delivered in-depth and in-person by Nutrition and Wellness Specialist, Renee Sweers or by trained county staff using online lessons (Mini Modules) which offer a brief overview of the topics. These mini lessons are viewed online individually or via DVD in a group setting.

The target audience is community-residing adults age 60+, living in their own residence, senior apartments, and retirement or independent living communities.

The Stay Independent series was delivered February 2018 at Landsmeer Independent Living in Orange City. After the series the tenants and staff decided to increase fruits and vegetables offered for morning/afternoon coffee (and less sweets); they implemented more protein options at their continental breakfast, and they increased the number of days that guided physical activity and stretching exercises are offered.



The Willoway series in Sutherland was a partnership with Margaret Murphy, Horticulture Educator and Regional Food Coordinator. The previous year Margaret had helped Willoway with growing vegetables in a container garden. The fresh produce from their container garden was implemented into the tastings during the Stay Independent series this summer.

Contact Renee Sweers, [rsweers@iastate.edu](mailto:rsweers@iastate.edu) for information on offering Stay Independent in your county.

### Human Sciences Staff

#### PROGRAM SPECIALISTS



**Lori Hayungs**  
**Family Life**

P. 712-737-4230  
C. 605-310-6318  
[lhayungs@iastate.edu](mailto:lhayungs@iastate.edu)



**Jan Monahan**  
**Family Finance**

P. 712-336-3488  
C. 712-240-0254  
[jmonahan@iastate.edu](mailto:jmonahan@iastate.edu)



**Renee Sweers**  
**Nutrition and Wellness**

P. 712-276-2157  
C. 712-870-3037  
[rsweers@iastate.edu](mailto:rsweers@iastate.edu)

#### COUNTY STAFF



**Mackenzie DeJong**

Sioux, Lyon, Osceola, O'Brien  
P. 712-737-4230  
C. 712-541-8737  
[midejong@iastate.edu](mailto:midejong@iastate.edu)



**Sue Boettcher**

Dickinson  
P. 712-336-3488  
C. 712-330-4323  
[boettche@iastate.edu](mailto:boettche@iastate.edu)



**Megan Wimmer**

Monona  
P. 712-423-2175  
[mmwimmer@iastate.edu](mailto:mmwimmer@iastate.edu)