

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.



**ONLINE TRAINING
CHILD CARE PROVIDERS**

SESSIONS
\$5 each
2 hours credit

- Countable: Getting What You Want**
October 8, 8:30am - or - October 18, 9:00am
- Actions Speak Louder than Words**
October 22, 8:30am - or - October 24, 9:00am
- Preschoolers and Pinnies**
November 4, 8:30am - or - November 7, 9:00am
- Safe Food for a Healthier Future**
November 18, 8:30am - or - November 21, 9:00am

ADDITIONAL INFORMATION
www.extension.iastate.edu/humansciences/cc-provider



**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 / 10am
Thursday, October 8 / 6pm
Monday, October 12 / 10am
Monday, October 12 / 7pm

All About Apples
Thursday, October 22 / 10am
Thursday, October 22 / 6pm
Wednesday, October 28 / 10am
Wednesday, October 28 / 7pm

MORE INFORMATION AND REGISTRATION:
www.extension.iastate.edu/humansciences/preserve-taste-summer

IOWA STATE UNIVERSITY
Extension and Outreach

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.



IOWA STATE UNIVERSITY
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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 retirement income
- Avoid surprise expenses in retirement

Writing Your Retirement Paycheck

Three ONLINE Workshops Scheduled in Fall 2020!
Each workshop includes two sessions of two hours each.

- Workshop 1: Oct 8 and 12, 8:30-10:00am** | Register at www.extension.iastate.edu/humansciences/retirement
- Workshop 2: Oct 21 and 28, 10:00-11:30am** | Register at www.extension.iastate.edu/humansciences/retirement
- Workshop 3: Nov 11 and 18, 8:30-10:00am** | Register at www.extension.iastate.edu/humansciences/retirement

Fee: \$10 per person (all per couple)

More information at www.extension.iastate.edu/humansciences/retirement
OR contact Ross Wilburn, 515-294-1482 | rwilbur@iastate.edu
or Kathy Cook, 515-297-2795 | kcook@iastate.edu

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](https://www.extension.iastate.edu/humansciences)**

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

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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Extension and Outreach

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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