

Finding Local Area Education and Resources

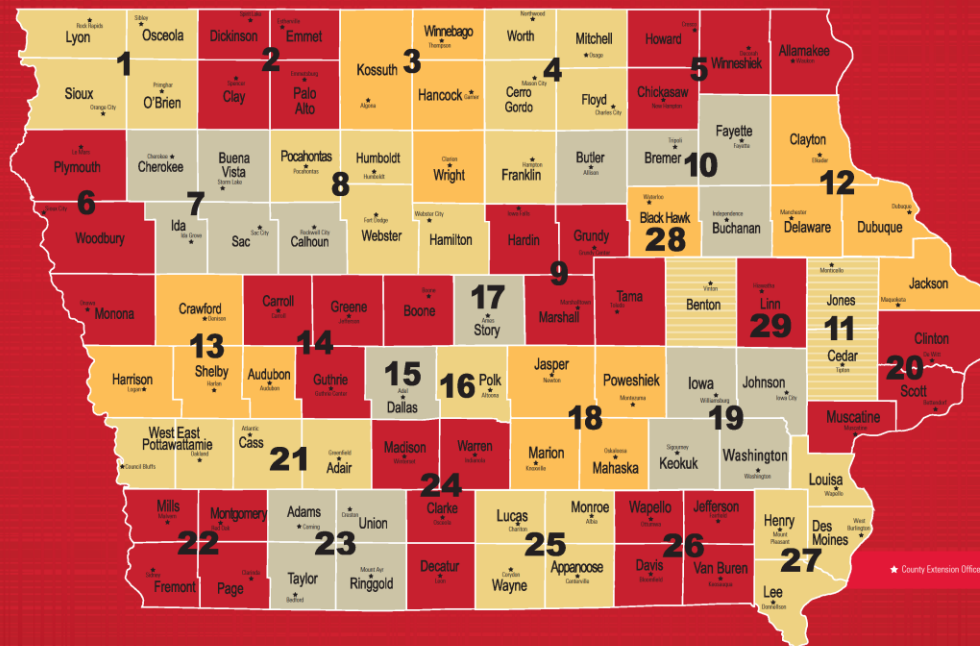
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Engaging Iowans through research-based education, empowering people to live their best lives.

www.extension.iastate.edu/humansciences

Health and Human Sciences





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Educational Offerings



Stay Independent: Healthy Aging

10 Topics Available:

- Brain Health
- Cooking for One or Two
- Power Up with Protein
- Three Meals a Day
- Exercise Your Independence
- Feast on Fruits and Vegetables
- Final Arrangements
- Spot, Stop, and Avoid Fraud
- Thriving in Place
- Planning Ahead for Future Care

Powerful Tools for Caregivers

- Feeling stretched in your role as a caregiver?
- Two primary audiences:
 - Caregivers of adults with chronic conditions
 - Caregivers of children with special health and behavioral needs
- Managing Stress Class

Take a course. Save a life.
Strengthen your community.



Money Smart: Prioritizing Bills, Credit, and Debt

- Take control of your finances, even when money is short
- 3 topics you will learn about:
 - Prioritize bills
 - Protect your credit
 - Manage debt
- One-on-one help available





**SPEND SMART.
EAT SMART.®**



Good Nutrition on a Budget

A Journey Through Parkinson's Disease



What is the program?

- Highly interactive
- Three 1-hour sessions
- Addresses the many aspects of Parkinson's disease



What will participants learn?

- Symptoms
- Causes
- How to seek medical care
- How treatments work
- Alternative therapies
- At-home activities and tools



Why is this important?

- Approximately 1.5 million Americans and 10 million people worldwide live with PD
- Approximately 60,000 people in the U.S. diagnosed each year
- The number of people with PD will increase substantially in the next 20 years
- The greatest risk factor for Parkinson's disease is getting older

Impact in Iowa

- Iowa has an aging population
- In 2016, 514,215 individuals in Iowa were age 65 and over
- By 2050, it is estimated that 677,266 individuals in Iowa will be age 65 and over



Fact or Fiction? - 1

FACT

FICTION

There is a cure for Parkinson's disease.

Parkinson's disease costs billions of dollars each year in medical costs.

Parkinson's disease is a very common disease.

Approximately 1.5 million people in the US have Parkinson's disease.

Fact or Fiction? - 2

FACT

FICTION

Parkinson's disease only affects movement.

Parkinson's disease only affects older people.

People with Parkinson's disease can live happy and productive lives.

Program Review

“This program will provide a critical educational need for patients with Parkinson’s disease and families who when armed with information can lead a better life.”

Michael S. Okun, M.D.,
Adelaide Lackner Professor
and Chair of Neurology,
University of Florida Health

Bring *A Journey Through Parkinson's Disease* to your community!

Contact ...

Your local county Extension and Outreach office:

www.extension.iastate.edu/countyservices/

- OR -

The health and human sciences educator who serves your county:

www.extension.iastate.edu/humansciences/staff

Resources



AnswerLine

*Information and resources for consumers
with home and family questions*

- Toll-free: 800-262-3804 or
Local: (515) 296-5883
- answer@iastate.edu
- Monday – Friday 9 am-noon; 1-4 pm
- Connect with us on Facebook and
Instagram! @AnswerLine




Words on Wellness (WOW)

- Monthly statewide nutrition and wellness newsletter
- Topics:
 - Current nutrition topic
 - Food safety
 - Physical activity

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Slow Cooking, Safe Cooking



January is National Slow Cooker Month, a perfect time to try out some new recipes or dig out your favorites. But first, here are some safety tips when using your slow cooker:

- Thaw first. Always thaw meat or poultry, following safe thawing practices, before placing in a slow cooker.
- Preheat cooker. If possible, preheat the cooker and add hot liquids.
- Put vegetables on the bottom or sides. Vegetables cook the slowest, so place them near the heat.
- Don't cook on warm. Do not use the warm setting to cook food. This setting keeps food warm; it does not cook it.
- Keep the lid on. Each time you raise the lid, the temperature drops 10–15 degrees and the cooking process slows by 30 minutes.
- Check the temperature. Before taking a bite, use a food thermometer. Visit foodsafety.gov for a chart on safe minimum internal cooking temperatures.
- Cool properly. Do not leave cooked food in the crock to cool. Place leftovers in shallow containers and refrigerate.
- Do not reheat food or leftovers in a slow cooker. Instead, reheat on stove top or microwave (165°F or above) and transfer to slow cooker to keep warm (140°F or above).

Source: [USDA Slow Cookers and Food Safety](http://USDA.SlowCookersandFoodSafety), fns.usda.gov.

Slow Cooker Mexican Chicken Soup

Serving Size: 1 1/2 cup | Serves: 8

Ingredients:

- 2 cans (15 oz each) diced tomatoes
- 3/4 cup dried black beans, rinsed
- 1 bag (16 ounces) frozen corn, thawed
- 2 cups water
- 1 teaspoon chili powder
- 1/4 teaspoon pepper
- 1 pound skinless boneless chicken breast, thawed
- Optional – Baked tortilla chips, chili flakes, chopped cilantro, jalapenos, lime, chopped avocado, light sour cream, salsa, or shredded cheese

Directions:

1. Add all ingredients to the slow cooker. Cook for 4–6 hours on high heat or 8–10 hours on low.
2. Remove chicken right before serving. Shred using two forks. Stir shredded chicken into soup.
3. Serve with choice of optional ingredients.

TIPS: Use Mexican diced tomatoes to add spice.

Nutrition information per serving:
210 calories, 3g total fat, 0g saturated fat, 0g trans fat, 36mg cholesterol, 270mg sodium, 28g total carbohydrate, 5g fiber, 4g sugar, 19g protein

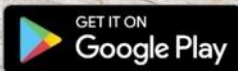
This recipe is courtesy of ISU Extension and Outreach's [Smart. Eat Smart. website](http://Smart.Eat.Smart). For more information, recipes, and videos, visit iowasmart.extension.istate.edu

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