



IOWA FCS

CONNECTING PROFESSIONALS. **TOUCHING LIVES.**

Fall Newsletter

Greetings from Suzanne Secor Parker, Iowa FCS President



Greetings,

As the pandemic continues, we are all forced to adjust to a “new normal” and it can be stressful. Your days may be filled to the brim, and you may be providing continued support to friends, family, and neighbors, but it is also important to remember to take some time for yourself.

If you are looking for an outlet for stress the AAFCS - Iowa Affiliate is hosting the Virtual Fall Meeting, “Caring for ME during These Tough Times” on Wednesday, October 28, 2020. With your favorite teacup filled with tea or coffee served with scones or biscuits, we invite you to join us at 3:45 p.m. for time to

visit with other attendees before the 4 p.m. start time.

Presentations from Mary Krisco and Rachel Sweeney with Iowa State University Extension and Outreach and the ISU Student Group will provide nutrition information, exercise, and wellness activities to help us reduce some stress and daily pressures we may be experiencing.

There is no registration fee, but contact Margaret Van Ginkel by Friday, October 23 to receive the virtual login information (phone: 515-491-5578, or vangin76@gmail.com).

Fittingly, the AAFCS organization is hosting a *Nourish to Flourish-Stress and Its Effects* webinar the same day as our October 28 Fall meeting beginning at 3 p.m. AAFCS members can register for the webinar [here](#).

Wishing everyone good health, and to keep safe.
See you on October 28!

Suzanne Secor Parker, M.S.
President, AAFCS - Iowa
Affiliate

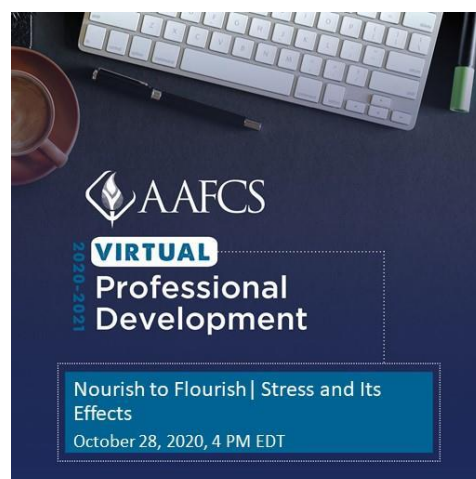
Upcoming Events

**October 28, 2020-To Be Held
Virtually from 3:45-5:30 p.m.**
Iowa Affiliate Fall
Workshop

**October 28, 2020-AAFCS
Professional Development
Webinar 3:00 p.m.**
Nourish to Flourish-Stress
and Its Effects

June 25-27, 2021
AAFCS Annual Conference
and Expo, Minneapolis

June 25-27, 2022
AAFCS Annual Conference
and Expo, Orlando, FL



Join Us for the Iowa Affiliate Fall Annual Meeting!



The 2020 Iowa FCS Affiliate Fall Annual Meeting will be held virtually on Wednesday, October 28 from 4:00-5:30 p.m. are encouraged to partake in a virtual "Tea Time" beginning at 4:00 p.m. Share a virtual cup of tea with your FCS colleagues using your favorite teacup, flavor of tea, and biscuit, scone, or cookie. The meeting coordinators have shared the recipe below to inspire the baker in all of us!

The focus of this year's fall meeting will be "Caring for ME during These Tough Times." The agenda includes guest speakers with a focus on enhancing mental well-being that include:

- **Mary Krisco, Iowa State University Human Sciences Extension and Outreach Nutrition Specialist** will lead us in tips to help us sleep better, exercises to keep us fit and good nutrition to fuel our bodies. Mary will share resources available to help reduce your stress and may be appropriate to use with your students.
- **Rachel Sweeney, Iowa 4-H Youth Development School Wellness Integration Targeting Childhood Health (SWITCH) Program Coordinator** will lead us in mindfulness exercises to help make our days more manageable. She will also share mental health resources for youth and families.
- **The ISU Student Club** will finish the session with some wellness activities that all of us can enjoy.

There is no cost to join the meeting. To register and receive the meeting link to join, please call or email Margaret Van Ginkel, vangin76@gmail.com, 515-491-4478. We look forward to seeing you virtually on October 28 over tea!

Simple Scones Recipe

- 2 cups all-purpose flour
- 1/3 cup sugar
- 1 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- 8 tablespoons unsalted butter, frozen
- ½ cup raisins
- ½ sour cream
- 1 large egg



1. Adjust oven rack to lower-middle position and preheat oven to 400 degrees.
2. In a medium bowl, mix flour, 1/3 cup sugar, baking powder, baking soda and salt. Grate butter into flour mixture on the large holes of a box grater; use your fingers to work in butter (mixture should resemble coarse meal), then stir in raisins.
3. In a small bowl, whisk sour cream and egg until smooth.
4. Using a fork, stir sour cream mixture into flour mixture until large dough clumps form. Use your hands to press the dough against the bowl into a ball. (The dough will be sticky in places, and there may not seem to be enough liquid at first, but as you press, the dough will come together.)
5. Place on a lightly floured surface and pat into a 7- to 8-inch circle about 3/4-inch thick. Sprinkle with remaining 1 tsp. of sugar. Use a sharp knife to cut into 8 triangles; place on a cookie sheet (preferably lined with parchment paper), about 1 inch apart. Bake until golden, about 15 to 17 minutes. Cool for 5 minutes and serve warm or at room temperature.

Recipe from: <https://www.allrecipes.com/recipe/79470/simple-scones/>

Iowa State FCS Students Adjust During COVID-19



The FCEDS Club members met in-person for their September club meeting. Students shared challenges and learning experiences during COVID-19.

Iowa State University FCEDS Club members met on Tuesday, September 22 for one of their first club meetings of the semester. Students shared about their learning and challenges they've faced trying to navigate the classroom and college experience this fall.

Emily Leerhoff, ISU senior in FCS, shared that she is enrolled in two in-person and two hybrid (virtual and online) courses this fall. "We all have to remain six feet apart in the classroom, wear face coverings, and the teacher instructs within a taped off space at the front of the classroom. Otherwise, my in-person classes are functioning as normal."

Freshmen students shared that they aren't sure what a normal college experience looks like. Emily expressed that she's worried that due to an abnormal semester she's built different academic habits that may cause her to struggle academically in the future. Some students also shared concerns for getting the hands-on learning that they rely on through their practicum experiences. Jamie shared that her practicum experiences on caring for newborns has been virtual. "I've had anxiety and feel like I've had a missed opportunity," said Jenna.

There are approximately 30 students participating in virtual practicum courses this fall. Eight students are student teaching this fall and their instruction delivery currently varies based on the school district where they are completing their student teaching.

COVID-19 has provided opportunities to adapt learning for the learner as well. Jamie shared that in one of her FCS courses, students have had more of a role in building the lessons and assignments in the course. "That's been great firsthand experiences for me," she said.

Laura Van Waardhuizen, Iowa State FCS advisor, shared that student involvement in the ISU FCEDS Club is at an all-time high. Fourteen students were in attendance at the September meeting. The club is working to engage even more students in the club experience this semester.

Students were also quick to commend Van Waardhuizen and the School of Education for their work to still get students the necessary preparations for careers in FCS. "Everyone has been trying so hard to get us the experiences we need," said Morgan.

"No, it hasn't been traditional," said Jamie. "But it's better than being stuck at home in quarantine!"



Checkout the New Iowa AAFCS Website! www.aafcs.org/iowa/home



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What is FCS?



WELCOME

Check out this Scholarship FCS Education Majors!

Applicant must be a full-time student who is majoring in a Family and Consumer Sciences Teacher Education certification program. The applicant must have completed the freshman year of college. The amount of the scholarship will be \$500.00 for one academic year and application is due Oct. 1, 2020.

[Apply to the NATFACS Scholarship](#)

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Resources for Families During COVID-19

Iowa State University Extension and Outreach has developed the COVID-19 Child Care Considerations publication series to help families sort through decisions during these trying times. **Exploring Child Care Options in a Pandemic** discusses the pros and cons of different options and gives tips on finding and paying for child care. **Child Care in Your Home** offers helpful guidance for hiring someone to provide full or part-time care for children. **The Transportation Scramble** helps parents make good decisions about shared transportation to and from school.

In each of these publications, we refer families to Iowa CCR&R and the Parent Referral line to find out more about local child care options, checklists and for guidance in selecting care.

Publications are free and are available at the Extension Store – direct link:
<https://store.extension.iastate.edu/product/15960>.





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Exploring Child Care Options in a Pandemic

If you are looking for child care during this pandemic, you are not alone. Many community child care programs have experienced temporary closures or are working at a reduced capacity. School district plans for online, in-person, hybrid, and phased options have parents' heads spinning.

It is natural to feel a sense of panic in this ever-changing environment. But the best plan of action is to research your options and have alternative plans for different scenarios. Begin by giving careful thought to your own situation and consider what would work best for your children. Then, dedicate some time to explore options that may be available to you in your community. Recognize that you may not be able to find the perfect situation, but don't settle for poor-quality care. In some cases, you may need to piece together several forms of child care.

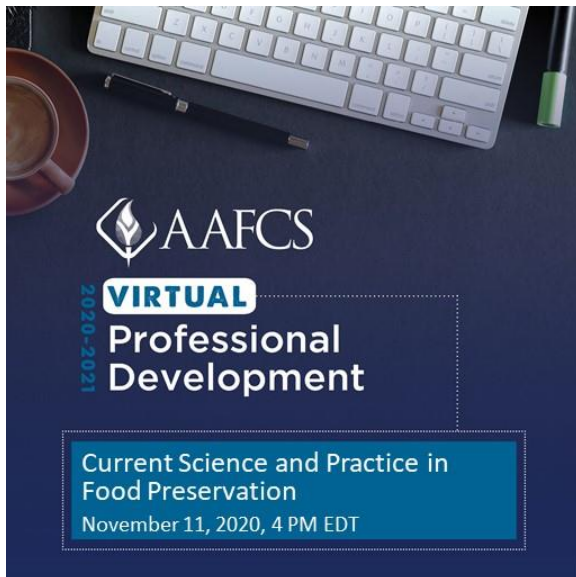
KNOW YOUR OPTIONS
Creating a workable child care solution for your family will take some knowledge. Let's explore a few child care options that may be available to you.

FAMILY CHILD CARE HOME
Many families naturally associate the term "child care" with a child care center or preschool, but you may be surprised to learn that almost half of all children are cared for in a privately owned family child care home business. This type of child care is sometimes called home-based child care or a child development home. The caregiver, who is often a parent, provides care in his or her home for a small group of children—usually six or less.

Family child care homes that voluntarily choose to register with the state will agree to meet certain minimum standards. Registered family child care providers participate annually in professional development on health and safety topics. Family child care can sometimes be hard to locate. Child Care Resource and Referral (CCR&R) lowecare.org/families will have a list of providers in your community who may have openings.

- **Preschool**—Family child care homes offer a cozy, home-like setting and the opportunity for siblings to stay together. Fewer siblings and a small group of children are ideal for families seeking to reduce their COVID-19 exposure. And many children find the homelike setting to be very comforting during stressful times.
- **Care**—Transportation to and from care can sometimes be as time-consuming as the care itself. Some homes have limited broadband or internet access for online classes or homework. If the caregiver should become ill, there may not be an available substitute, so you will need a back-up plan. There are family providers who are not registered with the state, and some may even be operating illegally. They often care for more children than they can safely supervise and may operate without meeting state requirements for health and safety standards. Choose wisely and ask about registration status.

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Iowa FCS

The *Iowa FCS* is the monthly newsletter for members of the Iowa Affiliate of the American Association of Family & Consumer Sciences (AAFCS). Photos and articles from and about members are welcome.

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