

Meet the Board

Cindy Thompson (IA), NEAFCS Central Region Director

I'm Cindy Thompson, human sciences specialist in family wellbeing with Iowa State University Extension and Outreach, serving 9 counties in northeast Iowa with programming and outreach across the lifespan. Whew... that's a lot of words, and just the formal introduction. The backstory is I was born and raised in the St. Louis area. Life changed significantly when I fell in love with and married my farmer-boy college sweetheart over 30 years ago. Together we have five "legally" grown children. I'm an army mom who loves plants (indoors and out) and enjoys jigsaw puzzles, cross-stitch, giving gifts and, although I need to constantly work on the skill, reading all sorts of books. I've been a family childcare professional, parent services coordinator, family support worker, training coordinator, and an Extension professional now for almost 10 years. It sounds cliché, I know, but I love my Extension role because of the familiar outreach that grounds me coupled with all the new things to learn and skills to develop. I have a mean old grumpy 12-pound Yorkie/Jack Russell mix who insists on never being more than a few feet from me, especially when I'm on virtual meetings. Despite his ill temper, he loves me wholeheartedly, so I try to always remember to "be the person out in the world my dog thinks I am."

