



# DIRECT CARE

## *A Heavy Lift... Get Pumped!*

IOWA CAREGIVERS • 2023 CONFERENCE

IOWA CAREGIVERS *Annual Conference*  
**OCTOBER 9-10, 2023**

FFA ENRICHMENT CENTER • ANKENY, IA

**Registration Opens**  
*August 1, 2023*



*An educational conference especially for Certified Nursing Assistants, Home Care/Health Aides, Hospice Aides, Medication Aides, Nutrition Aides, Restorative Aides, Consumer Directed Attendant Care Workers, Universal Workers, Direct Support Professionals, Personal Care Assistants, Patient Care Technicians, Registered Apprenticeship Program Students, other Direct Care Professionals and Family Caregivers.*

► ***New This Year:*** Registered Apprenticeship Students (RAS) are invited to participate as our guests, thanks to a partnership between Iowa Workforce Development (IWD) and Iowa CareGivers. RAS will experience what is like to belong to a larger caring community that shares their passion.

*Ironman Sponsor*

STATE OF IOWA DEPARTMENT OF  
**Health AND Human**  
SERVICES

# Conference Information

## ABOUT THE THEME:

### DIRECT CARE: *A Heavy Lift...Get Pumped*

Caregivers often feel the weight of the world on their shoulders. This conference will lift you up.. pump you up and renew your strength to stand strong in serving the needs of lowans of all ages and abilities. Past attendees say their participation in this event fills their energy cup. It reduces burnout and builds strength through self-care, professional and skill development, and emotional strength that comes with networking with other direct care workers and family caregivers who share your heavy lift!

## Register Now TO JOIN US!

### Free Chair Massages During Conference

Erica Owen has been a Licensed Massage Therapist since 2016. She offers multiple massage modalities, including Therapeutic/Relaxation, Traditional Thai, Lymphatic Drainage, and Reflexology. Her aim is to promote relaxation of the mind and muscles, in order to relieve emotional stress, as well as acute and chronic tension and pain. She approaches each session as an opportunity to collaborate with her clients on a path toward greater wellness/well-being. She looks forward to serving attendees of the Iowa CareGivers Conference by providing free 10-minute chair massages. You will be able to sign up for a timeslot once you arrive at the conference.

### Dementia Discovery: Experience During Conference



WesleyLife believes everyone should have the opportunity to live a life of continued growth, experience, engagement, and meaning, regardless of physical, social, or economic circumstances. Our vision is to transform the aging experience through a continuum of wellness designed to engage and empower others to live longer, healthier lives. WesleyLife is committed to providing a work environment that promotes individual growth and empathy training as part of our person-directed care culture.

The Dementia Discovery Training Program is an immersive dementia training experience, that as part of our person-directed care culture, aims to increase team member empathy for persons living with dementia. The program combines classroom teaching with use of an experience room. In the experience room, team members' senses are altered with the use of special equipment while they attempt to complete common tasks. The challenges they face while managing the symptoms of dementia are intended to provide team members with a new perspective and increased awareness of what those living with dementia experience.

You will be able to experience the hands-on portion of the Dementia Discovery Training Program at the conference. Sign-ups will be available at the event.

Thanks to Megan Ovinnio, Home Care Aide Coordinator; Helen Staiert, Occupational Therapy Educator; and Kylie

Howdle, Home Health Clinical Educator from WesleyLife for offering the Dementia Discovery experience at the Iowa CareGivers Conference.

### Exhibit Space Available

Exhibit space will be available at the Iowa CareGivers "Direct Care: A Heavy Lift...Get Pumped!" Conference. This is a wonderful opportunity to support quality care and inform attendees about products, services, and resources. Exhibitors will be considered on a first come, first served basis.

**No employee recruitment activities are allowed.**

For more information, contact Pam Biklen at the Iowa CareGivers, 515-729-9729 or [pam.biklen@iowacaregivers.org](mailto:pam.biklen@iowacaregivers.org). You can also visit <https://bit.ly/3D8ajv4> for more information.

## Conference Location

### FFA Enrichment Center

1055 SW Prairie Trail Parkway • Ankeny, IA 50023



**Guestroom Reservations:** There is no hotel on site at the FFA Enrichment Center. However, there are several hotels in the Ankeny area. Iowa CareGivers has reserved a block of rooms at Comfort Inn & Suites.

### COMFORT INN & SUITES

215 NE Delaware Ave. • Ankeny, IA 50021 • 515-965-8400

**To make your reservations, please call 515-965-8400.** Let them know that you are with Iowa CareGivers conference at the time of your reservation.

**To receive the special room rates, reserve your room before Thursday, September 7, 2023.** After this date, guests will be accommodated on a space and rate available basis.

### Special Guestroom Rates:

Comfort Inn & Suites is offering the Iowa CareGivers conference participants a special guestroom rate of \$89.99 plus tax for the standard king or double queen rooms. **Hotel Room Reservations Require a Credit Card.** Please note that the Hotel does not accept personal checks or cash as payment.

If a Company Credit Card will be used instead of a Personal Credit Card and the Company Card will not be physically swiped at the hotel upon check in, the hotel will need the Company Credit Card holder to complete and return a Credit Card Authorization Form. Make these arrangements when you make your reservation.

**Iowa CareGivers will be hosting a Meet and Greet Hospitality Room in the meeting room at the Comfort Inn & Suites on Sunday evening from 4 pm - 6 pm. This is a great way to get to know other attendees before the conference. Stop by to chat, grab a snack, and network with other caregivers.**

# Conference Agenda **Monday, Oct. 9, 2023**

<b>7:00 – 8:15 am</b>	<b>Registration/Light Continental Breakfast/Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>8:15 – 8:45 am</b>	<b>Welcome</b> <i>Dr. Robert Denson, President, Des Moines Area Community College (DMACC)</i>
	<b>Housekeeping</b> <i>Iowa CareGivers Direct Care Council Members</i>
<b>8:45 – 9:45 am</b>	<b>Opening Keynote: Courageous Leadership: Living a Life of Influence</b> <i>by Dan Meers, KC Wolf, Motivational Speaker</i>
<b>9:45 – 10:00 am</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>10:00 – 11:00 am</b>	<b>Workshops: Session A</b> <b>A1: Dementia: Beyond Memory Loss</b> <i>by Elaine Eshbaugh, PhD, University of Northern Iowa</i> <b>A2: Tai Chi for Arthritis and Fall Prevention Basics</b> <i>by Stephanie Labenz, MS, RD, LD, Nutrition and Wellness Specialist, Aging Resources of Central Iowa</i> <b>A3: Parkinson's Disease Symptoms and Strategies</b> <i>by Valerie Stickel-Diehl, RN, Ruan Neurology, MercyOne Des Moines</i>
<b>11:00 – 11:15 am</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>11:15 – 12:15 pm</b>	<b>Workshops: Session B</b> <b>B1: Oral Health Care and Challenges for Individuals with Special Health Care Needs</b> <i>by Dr. Karin Weber-Gasparoni, Professor and Chair, University of Iowa Department of Pediatric Dentistry</i> <b>B2: Medicaid Eligibility for Long Term Care</b> <i>by Scott Hartsook, Attorney</i> <b>B3: Infections and Sepsis and Prevention—Oh My!</b> <i>by Kathleen Ollinger, MSN, RN, Senior Quality Improvement Facilitator, Telligen</i>
<b>12:15 – 1:00 pm</b>	<b>LUNCH</b>
<b>1:00 - 1:30 pm</b>	<b>General Session: State Update</b> <i>by Kelly Garcia, Director, Iowa Department of Health and Human Services (IHHS) and Katie Tenney, CNA, IC Direct Care Council</i>
<b>1:30 – 1:45 pm</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>1:45 – 2:45 pm</b>	<b>Workshops: Session C</b> <b>Acupuncture: Traditional Medicine in the Modern Clinic</b> <i>by Dr. Jay Heaverlo, DACM, L.Ac., Midwest Acupuncture Clinic</i> <b>C2: Protect Yourself from Frauds and Scams</b> <i>by Neil Shultz, Fraud Educator, AARP Iowa and Al Perales, Investigator, Iowa Attorney General's Office</i> <b>C3: Communication: Families and Caregivers, The Importance of Effective Communication in Caregiving</b> <i>by Aimee Spores, LMSW, Director of Social Services, WesleyLife at Home</i>
<b>2:45 – 3:00 pm</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>3:00 – 4:00 pm</b>	<b>General Session:</b> <b>With Grit &amp; Grace: Managing Compassion Fatigue and Burnout</b> <i>by Celina Peerman, Ph.D., SHRM-SCP, The Peerman Group</i>



**Certificates of attendance:** Attendance at this conference is good for 10.5 contact hours (5.5 for October 9 and 5.0 for October 10) for Certified Nurse Assistants, Certified Medication Aides, Health Care Technicians, Home Health Aides, and other direct care professionals. Certificates of attendance will be issued by the Iowa CareGivers. We urge you to keep the original certificate for your portfolio and provide a copy to your employer for their records. Many employers use the certificate as documentation to meet the staff training requirements they are required to provide as part of their conditions of participation in Medicare and Medicaid. We are not able to provide CEUs for RNs, LPNs, or other licensed staff.



# Conference Session Descriptions: Monday, Oct. 9, 2023

## OPENING KEYNOTE:

**Courageous Leadership: Living a Life of Influence** by *Dan Meers, KC Wolf, Motivational Speaker*

On November 23, 2013, Dan Meers came within inches of losing his life while practicing a bungee jump/zip line stunt at Arrowhead Stadium. ... The stunt went terribly wrong and Dan plummeted 75 feet before crashing into the stadium seats. Miraculously Dan survived. During this powerful presentation Dan shares his incredible story and the important lessons he learned during his long road to recovery about leadership and about life.

This session will provide you with the knowledge to:

1. Prioritize and learn to live life for those things that matter most
2. Live a Life of Influence in your home, workplace and world
3. Simple Investment principles for positively impacting those around you.



## WORKSHOPS: SESSION A

**A1: Dementia: Beyond Memory Loss** by *Elaine Eshbaugh, PhD, University of Northern Iowa* Participants will be challenged to explore how dementia impacts sensation, perception, mood, and personality. This program will discuss practical strategies for working with those living with dementia.

**A2: Tai Chi for Arthritis and Fall Prevention Basics** by *Stephanie Labenz, MS, RD, LD, Nutrition and Wellness Specialist, Aging Resources of Central Iowa* Ever wonder what the ancient Chinese exercise, Tai Chi, is all about? Join this interactive session to warm up with balance and fall prevention movements. Learn the principles of Tai Chi. Learn warm up movements that help with balance and fall prevention.

**A3: Parkinson's Disease Symptoms and Strategies** by *Valerie Stickel-Diehl, RN, Ruan Neurology, MercyOne Des Moines* This program will discuss Parkinson's Disease diagnosis, symptoms, treatments, strategies for improving symptoms, complications and prevention. Attendees will be able to name common symptoms of Parkinson's and be able to identify strategies for managing common symptoms.

## WORKSHOPS: SESSION B

**B1: Oral Health Care and Challenges for Individuals with Special Health Care Needs** by *Dr. Karin Weber-Gasparoni, Professor and Chair, University of Iowa Department of Pediatric Dentistry*

This presentation will provide an overview of the challenges individuals with disabilities and caregivers face through the lenses of a clinician, parent, researcher, educator, and advocate. The presentation will focus on caries risk factors, as well as include strategies to help make home care and dental appointments less challenging. Participants will be able to: Discuss challenges individuals with special health care needs face to receive appropriate oral health care. Discuss interdisciplinary approaches to support individuals with special health care needs and their families. Discuss home and office preventive measures to improve oral health problems.

**B2: Medicaid Eligibility for Long Term Care** by *Scott Hartsook, Attorney*

This presentation will educate people about:

- Eligibility requirements for Medicaid for facility and in-home care.
- Asset and income protections for the Medicaid recipient's spouse.
- The best options for spending down assets to qualify for Medicaid.
- Protecting assets from Iowa's estate recovery law.
- Avoiding asset transfers that would affect Medicaid eligibility.

**B3: Infections and Sepsis and Prevention—Oh My!** by *Kathleen Ollinger, MSN, RN, Senior Quality Improvement Facilitator, Telligent* Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. 87% of sepsis cases start in the community setting before a patient goes to the hospital (CDC, 2022). Knowing signs and symptoms of sepsis, communicating concern of sepsis, and infection prevention can save a life. Participants will be able to: Verbalize signs and symptoms of sepsis. Recognize individuals who are at high risk for sepsis. Identify resources for sepsis screening tools. Verbalize infection prevention techniques. Communicate concerns for change of condition.

**General Session: State Update**

*Kelly Garcia, Director, Iowa Department of Health and Human Services (HHS)* will give an overview of transformational efforts in the state's health and human services agency. The presentation highlights the redesign of Iowa's Medicaid waiver program, investment in IT infrastructure and the state's priorities in addressing the workforce shortages to support and strengthen the essential direct care workforce.

## WORKSHOPS: SESSION C

**C1: Acupuncture: Traditional Medicine in the Modern Clinic** by *Dr. Jay Heaverlo, DACM, L.Ac., Midwest Acupuncture Clinic* Acupuncture and Traditional Chinese Medicine have been utilized as a complete health care system for more than 3,000 years. In our modern world they are still used to treat disease for hundreds of millions of patients worldwide. This one-hour course

will examine the role and benefits of acupuncture and Chinese medicine in the integrative modern clinical setting.

**C2: Protect Yourself from Frauds and Scams** by *Neil Shultz, Fraud Educator, AARP Iowa and Al Perales, Investigator, Iowa Attorney General's Office* Have you ever been approached with a fraudulent offer or been a victim of identity theft? AARP Iowa and the Iowa Attorney General's Office are working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself, your family, and the individuals you serve. Participants will build understanding of the types of scams and fraud that are prevalent and how to spot and avoid them and increase awareness of the different tactics scammers use to target individuals.

**C3: Communication: Families and Caregivers, The Importance of Effective Communication in Caregiving** by *Aimee Spores, LMSW, Director of Social Services, WesleyLife at Home* This presentation explores effective communication among families and caregivers. It covers common challenges, strategies for enhancing family cohesiveness, conflict resolution techniques, and practical communication skills for caregivers. Also, identifying resources that can assist with caregiving and caregiver burnout. Participants will be able to understand the meaning and significance of effective communication in caregiving, explore common communication challenges and conflicts, discover strategies to promote family togetherness, learn practical communication techniques for caregivers, and identify resources for caregivers.

## GENERAL SESSION:

**With Grit & Grace: Managing Compassion Fatigue and Burnout** by *Celina Peerman, Ph.D., SHRM-SCP, The Peerman Group* Some days we survive and others we thrive. Both are ok yet require different strategies from us to do all we need to with both grit and grace. This upbeat session will look at the ways we navigate our work together, overcoming compassion fatigue, and reducing our risk of burnout.

At the end of this program the participants should be able to:

- a) Recognize compassion fatigue and strategies to reduce impact of it in our lives
- b) Distinguish between stress and burnout to apply different techniques to navigate either one
- c) Apply professional development techniques to be the best team member they can be in the role they hold for their patients and their workplace.

# Meet Our Sponsors

These organizations and individuals offer their support as THANKS to direct care workers and family caregivers for the essential services they provide to Iowans! And we THANK our sponsors for making this event possible!

## IRONMAN SPONSOR

\$10,000 and above

Iowa Department of Health  
and Human Services

STATE OF IOWA DEPARTMENT OF  
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## LONG COURSE SPONSOR

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Iowa Workforce Development

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Molina Healthcare of Iowa  
University of Iowa, College of Dentistry

## SPRINT SPONSOR

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Iowa's University Center for Excellence in Developmental Disabilities  
University of Iowa, Geriatric Education Center  
Wellmark Blue Cross and Blue Shield

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Hawkeye Community College  
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Medicap Pharmacy  
UnityPoint Health

## INDIVIDUAL SPONSORS

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**DIRECT CARE**  
*A Heavy Lift... Get Pumped!*

IOWA CAREGIVERS • 2023 CONFERENCE

*Disclaimer: The use of the term "Sponsor" for the "Direct Care: A Heavy Lift... Get Pumped!" Conference does not constitute an official endorsement or approval by the Iowa CareGivers of any product or service provided by the participating "sponsors" or "vendors."*



# Conference Agenda **Tuesday, October 10, 2023**

<b>7:00 - 8:00 am</b>	<b>Registration/Light Continental Breakfast/Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>8:00 - 8:15 am</b>	<b>Welcome/Housekeeping</b>
<b>8:15 - 9:15 am</b>	<b>General Session: Violent Intruder Program (VIP)</b> <i>presented by Corey Schneden, Sergeant, Ankeny Police Department</i>
<b>9:15 - 9:30 am</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>9:30 - 10:30 am</b>	<b>Workshops: Session D</b> <b>D1: Nutrition 101</b> <i>by Stephanie Labenz, MS, RD, LD, Nutrition and Wellness Specialist, Aging Resources of Central Iowa</i> <b>D2: Depression: What You Know About Me?</b> <i>by Rochean Cofield, LMSW, Broadlawns Medical Center/Urban Dreams</i> <b>D3: I'll Be Dammed...A Bowel Obstruction</b> <i>by Mary C. Owens, RN, MS Nursing Education</i>
<b>10:30 - 10:45 am</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>10:45 - 11:45 am</b>	<b>Workshops: Session E</b> <b>E1: Tips on How to Take the Best Care of Yourself and Your Clients. Resources, Proper Mechanics, Posture, Safety, Health, and More!</b> <i>by Steve Cassabaum, DPT and Katie Hersey, OTLR, CHT, 21st Century Rehab, PC</i> <b>E2: Unpacking Post Traumatic Stress Disorder (PTSD)</b> <i>by Rochean Cofield, LMSW, Broadlawns Medical Center/Urban Dreams</i> <b>E3: Prevent Dehydration...Learn to Hydrate Like a Pro!</b> <i>by Shalome Tonelli, PhD, RN, Certification Center Director and Lecturer, University of Iowa College of Nursing</i>
<b>11:45am - 12:30 pm</b>	<b>LUNCH</b>
<b>12:30 - 1:30 pm</b>	<b>Workshops: Session F</b> <b>F1: Caring for Yourself While Providing Care to Others—Processing Our Grief</b> <i>by Brent Osborne, Hospice Spiritual Care Counselor, EveryStep Hospice</i> <b>F2: Autism: What You Need to Know to Help and Not Hurt</b> <i>by Jillian Reiher, PhD, HSP, Clinical Psychologist, Center for Disabilities and Development, University of Iowa</i> <b>F3: Registered Apprenticeship 101</b> <i>by Kristopher Byam, Iowa Workforce Development</i>
<b>1:30 - 1:45 pm</b>	<b>Break: Visit Exhibitors, Free Massages, Dementia Discovery</b>
<b>1:45 - 2:45 pm</b>	<b>Closing Keynote: G-Rated Service Leadership: Grit, Grace, and Gratitude</b> <i>by Joe Fingerhut, Motivational Speaker</i>

## Conference Session Descriptions: Tuesday, Oct. 10, 2023

### GENERAL SESSION:

**Violent Intruder Program (VIP)** *presented by Corey Schneden, Sergeant, Ankeny Police Department*  
This VIP presentation is based on the tenets of RUN, HIDE, FIGHT and gives people options to respond to violent individuals based on their specific situation and the options they have available to them should they ever face this type of situation.

### WORKSHOPS: SESSION D

**D1: Nutrition 101** *by Stephanie Labenz, MS, RD, LD, Nutrition and Wellness Specialist, Aging Resources of Central Iowa*  
Join me in discussing basic nutrition and ways to keep our energy up with some quick healthy meals and snacks. Let's also dive into the nutrition label to become better consumers.

**D2: Depression: What You Know About Me?** *by Rochean Cofield, LMSW, Broadlawns Medical Center/Urban Dreams*  
Take a look at Depression. Define the symptoms and discuss ways to challenge the thoughts that lead to actions resulting in depression. Talk about the stages of developing and how our upbringing plays a major role in how we respond to the world. And, I will talk about the systems (family, community, neighborhood, etc) and how they affect the ways we view ourselves. I will wrap it up with ways to better respond to depression.

**D3: I'll Be Dammed...A Bowel Obstruction** *by Mary C. Owens, RN, MS Nursing Education*  
We will be discussing the signs and symptoms of bowel obstructions, ways to avoid them and how to care for those that have them. Participants will be able to: Discuss the signs and symptoms of bowel obstruction, identify ways to prevent bowel obstructions, and identify methods that improve comfort for patients with bowel obstructions.



## WORKSHOPS: SESSION E

**E1: Tips on How to Take the Best Care of Yourself and Your Clients. Resources, Proper Mechanics, Posture, Safety, Health, and More!** by *Steve Cassabaum, DPT and Katie Hersey, OTR, CHT, 21st Century Rehab, PC*

Steve and Katie have over 40 years of combined experience providing PT and OT to residents of central Iowa in a variety of settings. Learn how to best take care of yourself as caregivers, resources available, and what's most important in helping you and your client achieve the best outcomes as you work together. Participants will: Learn the best exercises to maintain healthy core, proper posture, proper mechanics. Learn the most important and simple ways to keep your body functioning healthy. Learn the safest techniques for transferring and teaching your clients how to perform bed mobility, sit to stands, gait, and ADLs. Implementing adaptive equipment for improved safety and enabling independence. Learn the most important 3-4 exercises for your client to help keep them functioning most independently.

**E2: Unpacking Post Traumatic Stress Disorder (PTSD)** by *Rochean Cofield, LMSW, Broadlawns Medical Center/Urban Dreams*

In this program, we will define the symptoms of PTSD and discuss ways to challenge the thoughts associated with the trauma. PTSD discussion centers on forgiveness.

**E3: Prevent Dehydration...Learn to Hydrate Like a Pro!** by *Shalome Tonelli, PhD, RN, Certification Center Director and Lecturer, University of Iowa College of Nursing*

It is important to take in enough fluids to maintain the body's health and function. For some individuals it can be difficult to take in enough fluids due to challenges such as swallowing difficulties, a decrease in feelings of thirst, or requiring assistance from others. If a person isn't taking in enough fluids, they may be at risk for dehydration and other complications. Learning how to encourage and support fluid intake is an important way to prevent dehydration. Participants will be able to identify specific populations that may be at high risk for inadequate hydration, list observations and warning signs that may indicate dehydration, and learn how to apply specific interventions to increase hydration in at-risk populations.

## WORKSHOPS: SESSION F

**F1: Caring for Yourself While Providing Care to Others—Processing Our Grief**

by *Brent Osborne, Hospice Spiritual Care Counselor, EveryStep Hospice*

When caring for others, we often find ourselves connected on a personal level. As caregivers, we experience loss just as the families we serve do. We will explore how loss of those we care for impacts us, how to process these feelings in a healthy way, and how we move forward in caring for others while caring for ourselves.

**F2: Autism: What You Need to Know to Help and Not Hurt** by *Jillian Reiher, PhD, HSP, Clinical Psychologist, Center for Disabilities and Development, University of Iowa*

Attendees will learn about Autism diagnostic criteria and how they can present across a variety of people. They will also learn strategies to best care for autistic people with different levels of support needs.

**F3: Registered Apprenticeship 101** by *Kristopher Byam, Iowa Workforce Development*

Learn how Registered Apprenticeship (RA) can lead to a high-quality talent pipeline. Participants will: Learn more about what a Registered Apprenticeship is, and how you can earn while you learn with an RA program.



*Education, Networking, Fun, Recognition*

## Closing Keynote:



### G-Rated Service Leadership: Grit, Grace, and Gratitude

by *Joe Fingerhut, Motivational Speaker*

In the constantly evolving dynamics of today's employment environments, certain skills are universally effective. Grit, Grace, and Gratitude are muscles to be developed and grown, and are often forgotten. This session serves as a hug for your group, and creates a learning experience around three "G-Rated" tools to successfully RE-START motivation and engagement.

#### Objectives:

Entertain, Inspire, and Empower Iowa's Caregivers by encouraging them to

- Meet people (clients, co-workers, peers) where they are vs. trying to change minds (Grace)
- Maintain the attitude of resilience with a "HOW CAN I?" Mindset (Grit)
- Appreciate the victories and lessons from the roller coaster pandemic years (Gratitude)

## Reminders and Tips:

#### Meet and Greet Hospitality Room:

Sunday, October 8 from 4 - 6 p.m. in the meeting room at the Comfort Inn and Suites in Ankeny.

**Have fun.** Join in and wear theme related attire such as yoga or workout gear (keep it in good taste please and avoid wearing hats or caps that may obstruct the view of those seated behind you)

**10-minute massages** will be going on most of the day and during the general sessions to enable as many people as possible to participate

**15-minute Dementia Discovery Experience.** Sign up at conference.

**T-Shirts will be on sale.** Bring cash or check if you'd like to purchase.

**Please dress in layers** as temperatures are hard to control! Thanks.

**Monday, October 9 and  
 Tuesday, October 10, 2023**

*FFA Enrichment Center  
 Prairie Trail Parkway, Ankeny*



## Conference Registration 2023

Name: \_\_\_\_\_

Complete Home Mailing Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

County: \_\_\_\_\_ # of years or months in direct care: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Email: \_\_\_\_\_

Employer: \_\_\_\_\_

Employer Address: \_\_\_\_\_

Employer City, State, Zip: \_\_\_\_\_

**Is this your first time at conference?**  Yes  No

**Do you have any dietary or other special needs?**  Yes  No

Please list here: \_\_\_\_\_

*Please contact us at [information@iowacaregivers.org](mailto:information@iowacaregivers.org) or 515-223-2805 by September 7 for any accommodations and/or alternative formats you may need.*

**On your MAIN direct care job are you...** (Check ALL that apply)

- |   |   |
|---|---|
| <input type="checkbox"/> Certified Nursing Assistant (CNA)  | <input type="checkbox"/> Registered Apprenticeship Program Student      |
| <input type="checkbox"/> CNA plus other certification, such as medication aide, rehabilitation aide, etc. | <input type="checkbox"/> Consumer Directed Attendant Care (CDAC) worker |
| <input type="checkbox"/> Home Care or Home Health Aide (HCA/HHA)  | <input type="checkbox"/> Universal Worker                               |
| <input type="checkbox"/> Direct Support Professional (DSP)  | <input type="checkbox"/> Hospice Aide                                   |
| <input type="checkbox"/> Patient Care Technician (PCT)  | <input type="checkbox"/> Companion, non-medical assistant               |
| <input type="checkbox"/> Personal Care Assistant  | <input type="checkbox"/> Family Caregiver                               |
|   | <input type="checkbox"/> Other: _____                                   |

**SPACE IS LIMITED, SO REGISTER EARLY!**  
 You may register by completing this form and mailing it to Iowa CareGivers or register online on Eventbrite at: <http://bit.ly/3NriZkU>

### Registration Fees:

**\$105 Both Days** \$ \_\_\_\_\_

**\$75 One Day** \$ \_\_\_\_\_

Days you will be attending (check all that apply)

**Mon., Oct. 9**    **Tues., Oct. 10**

**10% discount to those organizations who register more than 3 people for both days of conference.**

**Total Amount** \$ \_\_\_\_\_

**Make checks payable to: Iowa CareGivers and mail with your registration form to the following address:**

Iowa CareGivers  
 939 Office Park Rd, Suite 332  
 West Des Moines, IA 50265

### Credit cards are accepted for online registrations only.

- Payment must be sent with registration. Please do not send cash.
- **Cancellation policy:** Sorry, No Refunds. A substitution of the registration will be accepted with no charge.
- A confirmation of registration will be emailed to you.