

What You Need to Know About New Health Insurance Options!

By John Hale, Fund Development and Communications Consultant, Iowa CareGivers

Members of the Iowa CareGivers Direct Care Professional Leadership Council

This session will bring attendees up-to-date on new laws that give direct care workers more opportunities to find good and affordable health insurance. We'll discuss the options that workers now have and the actions they may need to take!

About John Hale

John Hale is a consultant with the Iowa CareGivers, assisting with a variety of communication and fund development activities. He is the founder and owner of The Hale Group, a firm advocating for excellence in long term care services — for everyone, in every setting, all the time.

Flying Above the Clouds

The power of attitude can transform

We are all riding the caregiving roller coaster. And our attitudes ride right along with it. People complain and have seemingly endless needs. Families pose constant concerns and questions. Managers require more and more with the same resources we had last year. Many obstacles prevent us from providing the care we want to deliver.

Some days it feels like a real pressure cooker, but how to safely and properly relieve some steam? The key lies in attitude. Yes, attitude.

Charlie and Donna Honold will help participants strengthen themselves by controlling what they can change—their attitudes. Participants will learn how to make the choice to fly high, by achieving a clear vision of the future, allowing them to take responsibility for their actions and focus on what counts.

Blame and excuses become outmoded and useless for those who know how to employ the power of Flying Above the Clouds. Learn how this model can positively impact your life.

- Understand the origin and impact of attitude and behaviors on self and others.
- Hold self and others accountable, no matter what their position.
- How to move from problem-focused to solution-focused.
- Why every action either lifts us up or brings us down: the power of choice.

About Donna & Charlie Honold

Donna has over twenty years of experience in education and training. She is a Performance Consultant and was Honold & Associates for 16 years.



Charlie has many years of creative experience. He owned Oh Frenzy! Advertising in Davenport for 17 years producing tv and radio commercials, billboards, logos, print and much more.

In 2011, Charlie and Donna incorporated their two businesses into one known as Riffle, sharing office space in downtown Davenport.

Charlie and Donna could not be more different. But, after 22 years of marriage, they make it work, yet sometimes still wonder how.

Happy People Secrets

By Debra A. Salz, President, Prevention Services & Strategies

What do happy people do differently than unhappy people? We all have gathered similar ingredients throughout the courses of our lives, but what we make of those ingredients is the difference between a great cake or a terrible mess in the kitchen. Join Debra in learning how happy people choose to mix their ingredients; bringing them happiness rather than misery. Debra will share research findings that expose the “secrets” of happy people. An inspirational and humorous session which gives everyone insight about themselves!

About Debra A. Salz

Debra has been training and coaching since 1993 and is known for her contagious enthusiasm and extreme attention to detail.

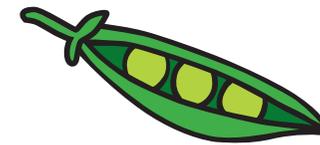


She is an experienced trainer, facilitator, coach, presenter and inspirational speaker at the National, Regional and State Convention levels. Debra works with local and national, small and large companies and civic organizations forming partnerships between those she works with and for. Her main priority is how she can assist people to “get where they want and need to go.”

Ms. Salz provides energized, custom training programs and keynote addresses to businesses and organizations through her “toolbox methodology.” Debra and her programs have been referred to as “dynamic,” “thought-

provoking,” “humorous” and “a pure delight to learn from and listen to!” She enjoys meeting people and exposing them to new ways of looking at life.

Debra is the President and Owner of Prevention Services & Strategies, a consulting and training company located in Cedar Rapids, Iowa. She is a licensed Social Worker through the state of Iowa. She earned her BA Degree from Buena Vista University and her AA Degree from North Iowa Area Community College.



3 P's in a Pod

Professional. Personal. Peer.

Who is Invited to Attend

Those who work in direct care such as 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, and other direct care professionals.

Cost

There is no cost to attend this program. A light continental breakfast and lunch will be provided.

Certificate

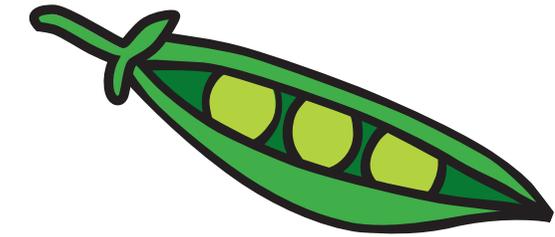
Certificates of completion will be provided to direct care professionals by the Iowa CareGivers.

IOWA CareGivers

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West Des Moines, Iowa 50265
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2014

Information for the Regional Educational Conferences for Those Who Work in Direct Care

IOWA CareGivers

in cooperation with

EASTERN IOWA COMMUNITY COLLEGES
CLINTON ♦ MUSCATINE ♦ SCOTT

IOWA CENTRAL
COMMUNITY COLLEGE



These programs are made possible through the Iowa Department of Public Health contract #5884SN02.

Dates and Locations

March 25, 2014: Davenport

Eastern Iowa Community College
306 W River Drive | Davenport, IA 52801
Room 206

April 8, 2014: Ottumwa

Indian Hills Community College
525 Grandview Avenue | Ottumwa, IA 52501
Rural Health Education Center, Room 108

April 22, 2014: Fort Dodge

Iowa Central Community College
One Triton Circle | Fort Dodge, IA 50501
Bio Health Science (BHS) Auditorium

Agenda

8:30 to 9:00 a.m. Registration/Continental Breakfast

9:00 to 9:10 a.m. **Welcome**
Community College Representative

9:10 to 10:10 a.m. **Current Drug Trends in Iowa and Safety Awareness**
Division of Narcotics Enforcement —
Iowa Department of Public Safety

10:10 to 10:20 a.m. Break

10:20 to 11:05 a.m. **TimeSlips: A Story Telling Strategy**
Davenport: Janet K. Specht, PhD, RN, FAAN, FGSA, University of Iowa
John A. Hartford Center for Geriatric Nursing Excellence

Ottumwa and Fort Dodge: Cindy Zahnd, RN and Kathy Drey, BSHA, RN

11:05 to 11:35 a.m. **The Bucket List Wish Program**
Aura Lee Sibenaller, Activity Director,
St. Anthony Nursing Home, Carroll, Iowa

11:35 to 12:15 p.m. Lunch

12:15 to 1:00 p.m. **Reducing Aggression: The Power of Relationships**
Susan Smith, BCBA, I-TABS (Iowa's
Technical Assistance and Behavior Supports)

1:00 to 1:10 p.m. Break

1:10 to 1:55 p.m. **Iowa CareGivers: 3 P's in a Pod**
Mary Ann Young, Iowa CareGivers
Consultant

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Communications Consultant, Iowa
CareGivers

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2:00 to 3:00 p.m. **Davenport: Flying Above the Clouds**
Donna & Charlie Honold, Riffle

Ottumwa and Fort Dodge:
Happy People Secrets Debra A.
Salz, President, Prevention Services &
Strategies

3:00 p.m. **Closing**
Evaluations and Certificates

Current Drug Trends in Iowa and Safety Awareness

By Division of Narcotics Enforcement —
Iowa Department of Public Safety

This workshop will cover current drug trends in Iowa as well as an overview of the challenges faced by law enforcement as it relates to drug enforcement. The presentation will also cover "what we are seeing," a synopsis of the most common drugs encountered in Iowa and safety issues related to drugs and health services. This presentation will educate the audience on the above mentioned topics. Drug enforcement is often seen as a "hidden" problem and there is very little public knowledge regarding drug enforcement in Iowa.

TimeSlips: A Story Telling Strategy

By Janet K. Specht, PhD, RN, FAAN, FGSA, University of Iowa
John A. Hartford Center for Geriatric Nursing Excellence
By Cindy Zahnd, RN and Kathy Drey, BSHA, RN

TimeSlips is an innovative, inexpensive and effective group storytelling method that helps people with dementia reaffirm their humanity and connect with staff, family and friends. It replaces the pressure to remember with encouragement to imagine, the TimeSlips storytelling method fosters creative expression among caregivers, and people with dementia alike.

Objectives: The participant will be able to:

1. define creative engagement
2. discuss the major parts and purpose of the story telling strategy
3. practice the process of the story telling strategy
4. enjoy and celebrate stories created by people with dementia

About Janet Specht

Janet K. Specht, PhD, RN, FAAN, FGSA is Professor and Director of the Hartford Center of Geriatric Nursing Excellence at the University of Iowa, and a Commissioner for the Pathway to Excellence Program at the American Nurses Credentialing Center. Dr. Specht's research includes care of persons with dementia and their families; practice models to promote professional nursing and diagnosis, interventions and outcomes for older persons with urinary incontinence. Prior to joining the faculty at the University of Iowa 1999, Dr. Specht was Director of Nursing at the Iowa Veterans Home, an investigator on a Family Involvement in Care Alzheimer's Grant, and a research scientist on a VA project to use telemedicine to improve care for chronically ill veterans.

About Kathy Drey

Kathy Drey, BSHA, RN is a certified Gerontological Nurse, a retired Nurse Manager, Iowa Veterans Home, and is currently a TimeSlips volunteer in a local Assisted Facility. Kathy retired after working 30 years at the Iowa Veterans Home in Marshalltown where she started as a nursing assistant.

About Cindy Zahnd

Cindy Zahnd, RN, is a certified Gerontological Nurse and a retired Nurse Manager from the Iowa Veterans Home and is also currently a TimeSlips volunteer at a local Assisted Living Facility. Cindy joined the staff at the Iowa Veterans Home as a fairly new graduate and worked there for 30 years before retiring. She was instrumental in the development of the Dementia unit at the Iowa Veterans Home.

Kathy and Cindy did weekly sessions of TimeSlips at IVH for 4 years. Both are TimeSlips Certified Facilitators and advocates for the benefits of TimeSlips for persons with dementia and their caregivers. Both celebrated over 100 story telling sessions with their units. They documented the stories and posted them each week on the units where they held the sessions and then compiled books of a year's worth of stories to share with families. Janet Specht, PhD, RN is a professor at the University of Iowa and Director of the John A. Hartford Center for Geriatric Nursing Excellence. Janet was Director of Nursing at the Iowa Veterans Home for 28 years and has been at the University of Iowa for the past 20 years. She and a partner developed and operated an alternative facility for persons with dementia for 5 years in the Iowa City area and now own a care management business. Janet took TimeSlips training in Milwaukee and has been a proponent of its use since then. She worked with many nursing students to learn the strategy and then do the TimeSlips in local nursing homes.

The Bucket List Wish Program

By Aura Lee Sibenaller, Activity Director, St. Anthony Nursing Home, Carroll, Iowa

This presentation will educate participants on the following:

- What is the Bucket List Wish Program?
- How do I implement a program in my facility?
- How do I fund the program?

About Aura Lee Sibenaller

Aura Lee Sibenaller is the activity director for St. Anthony Nursing Home in Carroll, Iowa. Aura Lee has worked at St. Anthony for seventeen years and has been a member of the Iowa Association of Activity Professionals since 1997. The Home recently celebrated 50 years of service and has 79 beds - including an Alzheimer/Dementia Unit. St. Anthony is a non-profit home attached to St. Anthony Regional Hospital and is sponsored by the Franciscan Sisters of Perpetual Adoration.

Reducing Aggression: The Power of Relationships

By Susan Smith, BCBA, I-TABS

Whether your interactions with the individuals you are serving are infrequent or daily, establishing and maintaining a good relationship with them can greatly affect their quality of life and their receptiveness to the support and/or treatment you provide for them as well as your safety. Participants will be able to identify strategies to build/maintain relationships with:

- Individuals who have an Autism Spectrum Disorder
- Individuals who have an intellectual disability
- Individuals who have special sensitivities

About Susan Smith

Susan Smith provides behavioral support to clinicians and agencies throughout the state who serve Medicaid-eligible Iowans of any age and various levels of intellectual and mental abilities. The availability of behavioral technology to local service providers is intended to increase the probability that Iowans live successfully in their homes or community-based settings. Susan is an employee of the Iowa Department of Human Services at the Woodward Resource Center. I-TABS services are funded by the Iowa Department of Human Services and are therefore free-of-charge to the clinician/agency which receives them.

Iowa CareGivers: 3 P's in a Pod

By Mary Ann Young, Iowa CareGivers Consultant

This portion of the program will help attendees understand how to become better informed about and involved in the direct care profession. It will also help them understand the mission and the purpose of the Iowa CareGivers. Various resources and opportunities will be shared.

About Mary Ann Young

Mary Ann Young serves as a consultant to Iowa CareGivers and teaches "A Call to Mentoring: A Direct Care Professional's Guide to Mentoring," which is a two-day educational program for direct care staff to enhance peer mentoring skills to help retain those who work in the field of direct care. Mary Ann has served on the Iowa CareGivers Board for over six years prior to becoming a consultant and teaching the Peer Mentor course. During her thirty-four year career with the Iowa Aging Network at the state and local level, she developed a passion for the mission of Iowa CareGivers. As a Division Administrator at the Iowa Department on Aging, she developed a wealth of expertise related to public policy impacting older adults and served on numerous councils and task forces, including Iowa CareGivers.



Registration Information

You can register by completing this form and mailing it to Iowa CareGivers or faxing to 515.226.3214. You can also register online at www.iowacaregivers.org. (Please print clearly.)

Choose program date:

- March 25, 2014: Davenport
- April 8, 2014: Ottumwa
- April 22, 2014: Fort Dodge

NAME: _____

EMPLOYER: _____

COMPLETE HOME MAILING ADDRESS:

CITY _____

STATE/ZIP _____

COUNTY _____

PHONE (home) _____

PHONE (work) _____

PHONE (cell) _____

EMAIL _____

Certified Nursing Assistant (CNA)

Certified Medication Aide (CMA)

Home Care or Home Health Aide (HCA/HHA)

Direct Support Professional (DSP)

Patient Care Technician (PCT)

Consumer Directed Attendant Care Worker (CDAC)

Universal Worker

Other _____