

Enhancing the quality of care by providing education, recognition, advocacy, and research in support of those who work in the field of direct care.

Delivering information to those at the center of quality care



## FUN "RIDING THE WAVES"

at the Annual Iowa CareGivers Conference. *Highlights, pages 6 and 7.*

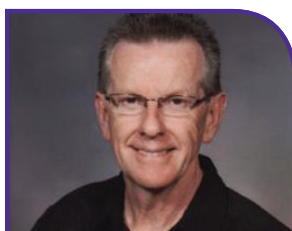
### ••• MOUTH CARE MATTERS (MCM) CONSIDERED GOOD FOR ALL STAFF •••



"The most important take away for staff is the importance of oral care and how it can affect the resident's overall health status."



A key to the Mouth Care Matters program is hands-on learning and fun



"The Mouth Care Matters training at NICC in Dubuque was excellent. The information was very valuable"

*See pages 4 and 5 for more on Mouth Care Matters.*

## JOIN THE I CARE CAMPAIGN TO HONOR IOWA CAREGIVERS' 25TH ANNIVERSARY

*See page 2*



### DREAMS DO COME TRUE

*See page 2*

In order to reduce printing and postage costs, the HUB will be delivered electronically only to health and long-term care providers. Direct care workers will receive by mail. If others need a hard copy mailed, please contact Ronni at 515-223-2805 or [ronni.steuben@iowacaregivers.org](mailto:ronni.steuben@iowacaregivers.org)

### INSIDE:

- Prepare to Care Core and Mouth Care Matters
- Riding the Wave Conference Highlights
- Expansion of Direct Care Worker Registry Needed
- New Abuse Law
- Leadership Program
- Toughest Job
- Contributors
- New Board Members
- And More...

## CARE ABOUT YOUR PROFESSION AND QUALITY CARE? THEN STAY INFORMED!

Receive up- to-date information about educational programs, direct care news, & other opportunities!

Sign Up NOW with Iowa CareGivers. Complete the form on our website at [www.iowacaregivers.org](http://www.iowacaregivers.org). You can also sign up by phone or request a form at 515.223.2805 or by email at [information@iowacaregivers.org](mailto:information@iowacaregivers.org).

*This newsletter is made possible by IDPH Contract #5887NW02*

# 25 Years of Caring About Caregivers

## Join the "I Care" Campaign – A Symbol of Solidarity!

Join the "I Care" Campaign to launch Iowa CareGivers' 25th Anniversary! We need your help. Your contribution of \$25 or more in honor of 25 years of Caring About Caregivers will help to ensure the continuation of:

- Statewide and regional educational conferences especially for caregivers
- Sharing the voice of caregivers through empowerment, leadership, and professional development
- Providing leadership opportunities to enhance quality of life for Iowans
- Building bridges between all who seek more caring communities
- And much more...

With your contribution, you will receive an I Care bracelet. Let it become a symbol of solidarity in support of all caregivers. Wear it proudly!

See page 11 for information on how to contribute and receive your bracelet.



# DREAMS DO COME TRUE



*Di Findley, Executive Director, Iowa CareGivers*

25 years ago I walked into the office of Linda Simonton, then Director of Older Adult Services at then Iowa Methodist Medical Center, to share a concept - and pitch the idea of starting an organization to serve those who work in direct care. Linda promptly marched me across the street to Iowa Methodist Health Foundation. She introduced me to Ivan Lyddon, the Foundation's President, who listened intently to what had then become "our" idea.

We've come a long way since then...from the faint glimmer of a vision to an impactful organization, Iowa CareGivers, that has and continues to shed light on direct care workforce and quality of life and care issues. We make a difference in the lives of those who provide direct care and support as well as the individuals and families they serve.

Dreams come true because others believe in your dream and make it their own. I will be forever grateful to Ivan and Linda for believing in mine.



*Ivan and Marian Lyddon*

## A NEW DREAM

It's no surprise then that those who gave us a start recently stepped up, on our 25th anniversary year to introduce a new dream...to form an Iowa CareGivers Endowment Fund to make permanent the support of Margaret Swanson and others and to ensure that Iowa CareGivers programs, scholarships, and advocacy exist long into the future, free of reliance on the growing uncertainty of contracts and foundation grants. An organized effort to build an endowment to support Iowa CareGivers' programs is underway. We now ask that you believe in their dream and make it your own! Watch for and ASK FOR information at any time.



*Margaret Swanson*  
Margaret donated a portion of the sale of her beloved family cottage on Lake Vermilion to Iowa CareGivers upon her death in 2010



## “A Call to Leadership” Then and Now

### THEN:

“A Call to Leadership” was developed to encourage those who work in direct care to think more broadly about leadership outside the workplace, and to take on more responsibility as role models, as advocates, and spokespersons for the direct care profession.

**70%** of the direct care workers who completed a recent survey and have not already graduated from the Leadership Program are interested in attending the program.

### NOW:

Based on your survey input “A Call to Leadership” will be restructured with a new format and perhaps a new name. What You Prefer:

- Face-to-Face Program (possibly included in Iowa CareGivers’ Annual Conference)
- Monday through Thursday training days
- Holding at a local community college or another community location
- Attending an all-day or half-day session
- Including topics such as:
  - Understanding better how decisions by elected officials affect me, my profession and the people I serve
  - Learning more about a Day at the State Capitol on direct care issues
  - Volunteering for Iowa CareGivers on behalf of your profession
  - Building a professional portfolio

The goal of “A Call to Leadership” remains the same: To nurture those in direct care to take on more leadership in the profession. Look for an improved program this next year!

Call Ronni to be added to the list of those interested at 515-223-2805. [See page 12](#) for examples of leadership activities.

## Central Data Base System Needed To Record Direct Care Workforce Credentials

### Benefit to Those Working in the Field, Employers, and a Valuable Resource for Iowans in Need of Services and Their Family Caregivers!

Iowa CareGivers continues to hear “*There is a need for a Central Data Base System to record training/certifications and other information for those in all areas of direct care/support.*” Many who work in the field say they need a permanent record of their training and certifications in a central location. It needs to be easier to move from one area of service to another without losing eligibility to work and a host of other challenges.

### Join Us In Calling for An Expansion of the Iowa Direct Care Worker/ Nurse Aide Registry!

[Read Issue Paper](#) or call for a copy to be mailed.

**PLEASE** Let us know your thoughts about the need for a central data base by completing this short [online survey](#).

If you don’t have access to a computer, give us a call at 515 223-2805 and complete this 3 question survey over the phone.



## BE AWARE: New Abuse Law Includes “Personal Degradation”

### Taking Inappropriate Photos of People Served Without Permission and Posting On Social Media Is NOT Acceptable and Now It’s Law

“Personal degradation” means a willful act or statement by a caretaker intended to shame, degrade, humiliate, or otherwise harm the personal dignity of a dependent adult, or where the caretaker knew or reasonably should have known the act or statement would cause shame, degradation, humiliation, or harm to the personal dignity of a reasonable person. “Personal degradation” includes the taking, transmission, or display of an electronic image of a dependent adult by a caretaker...”

A new law called House File 544 is an Act including personal degradation as a form of dependent adult abuse by caretakers in facilities and programs regulated by the Department of Inspections and Appeals.

[Click here](#) to read more.

**Please share this information with co-workers, people new to the field, family caregivers, everyone!**

# Senior Housing Management Embraces Prepare to Care and Mouth Care Matters Training

(continued from page 1)



**Joy Laudick RN**  
Nurse Clinician Senior Housing Management

Senior Housing Management Company was approached by Central Iowa Works (CIW) to become Prepare to Care trainers and offer hands on for new staff coming into the field. I, myself, became a trainer and since beginning this, two other nurses have completed their train the trainer. We have also sent many of our staff to Iowa CareGivers sessions across the state. Participating in Prepare to Care has been an excellent addition to the training we provide to our direct care staff. The topics it covers delve further into essential areas such

as confidentiality, ethics, and professional communication, all of which can become issues for direct care staff. Empowering direct care staff is essential to not only providing good care but job satisfaction and employee retention. As a company, we started with the CORE module, then have added the Mouth Care Matters module. I cannot recommend this module enough.

**Looking back to my nursing education I can honestly say I learned more in this one day class (Mouth Care Matters) than I was offered throughout my RN training.**

I have mandated that each of our communities send staff to this class.

I also challenged Iowa CareGivers that this should be an interdisciplinary class. I have become very passionate about the community nurses driving better oral care and knowledge to their communities, even for our independent residents.

Community nurses report that staff come back enthusiastic and requesting supplies and added time to do proper oral care. They report learning about oral care on dentures was helpful. The most important take away for staff is the importance of oral care and how it can affect the resident's overall health status. All report that they are taking better care of their own teeth!

If you are wondering whether these classes are a good investment of times away from your community, I highly recommend it!



## What is Prepare to Care?

Iowa's Direct Care and Support Curriculum

**Prepare to Care** is a state-recognized, competency-based training for those who work in direct care/support. The curriculum provides consistent, portable training through modules that include a six-hour Core training and five other modules. The Core is the only module required before enrolling in any of the other modules or specialty programs.

To learn more about Prepare to Care visit [www.iowaparetocare.com](http://www.iowaparetocare.com).



Graduates of the recent Core program hosted by DMACC Southridge

Graduates of Core Program hosted by Iowa Valley Continuing Education, Marshalltown



## Prepare to Care

...Mouth Care Matters...

Oral Health Education for Direct Care Professionals

"Mouth Care Matters" is the first specialty under the Prepare to Care curriculum and is led by Iowa CareGivers. It is one of three major grants of the Lifelong Smiles Coalition, and funded by Delta Dental of Iowa Foundation. Other funders include Mid-Iowa Health Foundation and the Department of Public Health. To learn about the Mouth Care Matters' oral health care specialty, please contact Mary Ann Young at 515-360-7003 or [maryann@iowacaregivers.org](mailto:maryann@iowacaregivers.org) or [click here](#) to learn more.

See page 5 for photos from some of the recent Mouth Care Matters classes.

# THERE IS NO HEALTH WITHOUT ORAL HEALTH\*

Always make sure, when providing oral hygiene, that you check the care plans of the individuals served or with your agency/direct supervisor who in some cases may be the person served.

## Bad Breath

**QUESTION:** What causes bad breath?

**ANSWER:** Bad breath (Halitosis) occurs when bacteria in the mouth breaks down food left in the mouth. It can also occur when there is infection in the mouth from bleeding gums (gingivitis) or Gum Disease (Periodontal Disease.)

**QUESTION:** Can certain foods or drinks cause temporary Bad Breath?

**ANSWER:** Yes. After eating certain foods like onions, garlic or drinking coffee or alcohol or foods that contain sulfur.

**QUESTION:** What are some other causes of bad breath?

**ANSWER:** Dry mouth, (xerostomia), smoking, certain medications, diseases (diabetes, acid reflux, chronic sinus problems), dirty dentures or partials, or a coated tongue.

**QUESTION:** What can I do to help reduce/eliminate bad breath of the person served?

**ANSWER:** First, improve oral care by brushing their teeth and tongue. Use floss or interdental brushes\*\*. Clean their dentures and partials daily. Provide saliva substitutes such as sprays, mints, or water for a dry mouth. Offer mints or gum containing xylitol and if they are able to have mints or gum.

**QUESTION:** Do mouth rinses help?

**ANSWER:** Most mouth rinses only reduce bad breath for a short period of time. Use non-alcohol antiseptic mouth rinses for best results or rinses designed for a dry mouth. If bad breath (halitosis) continues, refer person served to a dentist.

\*Surgeon General, Report on Oral Health, 2000

\*\*An interdental brush is a small brush specially designed for cleaning between your teeth, where a regular toothbrush does not reach. It can be an alternative to using floss.



**Carol Van Aernam**  
RDH, BA Registered  
Dental Hygienist

*Carol is a regular contributor to the HUB during the Mouth Care Matters Project*

## Iowa Dental Hygienists' Association (IDHA) Presents Friends of Dental Hygiene Award to Iowa CareGivers

The IDHA presented their "Friends of Dental Hygiene Award" to Iowa CareGivers during their annual meeting in Cedar Rapids. The award is given to those supporting the mission of IDHA to improve the total health of Iowans. More specifically the award highlights the partnership between their two organizations on the Mouth Care Matters program, an oral health specialty for those who work in direct care, an initiative of the Lifelong Smiles Coalition and funded by Delta Dental of Iowa Foundation, Mid-Iowa Health Foundation, and the Iowa Department of Public Health.



L to R: Di Findley, Pam Biklen, Mary Ann Young, Iowa CareGivers, Emily Boge-President, Iowa Dental Hygienists' Association, and Carol Van Aernam, IDHA.



**Prepare to Care**  
...Mouth Care Matters...  
Oral Health Education for Direct Care Professionals

## (MCM) Classes – Only 1 Left

There is still time to register for the last MCM class this spring/summer. [View the flyer](#) for registration information.

### July 18 in Creston at Southwestern Community College

A series of Mouth Care Matters programs were offered this spring. [Click here](#) for more photos and highlights!



**MCM Grads at Cedar Rapids, Dubuque, and Marshalltown**



*A key to the Mouth Care Matters program is hands-on learning and fun with the pink disclosing solution to highlight brushing effectiveness.*

### 95% of attendees

indicated that taking Mouth Care Matters contributed to the likelihood they will stay in the field of direct care and with their current employer.

The MCM Oral Health Specialty Curriculum has been reduced from 2 days to 1 day to make it more accessible.





*"I am now retired, but attending your conference was the highlight of my year when I was still working and the info provided at those conferences made me more determined to do the best I could at my job in the caregiver field. Thanks again. Keep up the good work!"*

*—Shirley Amos*

**140**

participate in the Dementia Live™ program and got to experience first-hand what it might be like to live with dementia.



*"I liked spending quality time with other direct care professionals, sharing experiences and learning together."*

Almost **98%** said they could use the information they learned at conference.

**78** conference attendees participated in the free health and oral care screenings. Thanks to Polk County Health Department and Iowa Dental Hygienists' Association.



**97%** rate the conference as excellent or very good



*"What I liked most about the conference was the session on Transgender Care followed closely by the mac and cheese"*



Special Thanks to John and Terri Hale, The Hale Group, for serving as emcees for the reception!

## Riding the Wave Recognition Reception

**Awards, Music, Food, Fun, Decorations, Hula Hoops, and Camaraderie!**

During the Riding the Wave Recognition Reception, organizations and individuals were recognized for their contributions to the direct care workforce. All direct care workers were recognized for their dedication to the field and to the lowans they serve.



Delta Dental of Iowa Foundation & Lifelong Smiles Coalition Receive Iowa CareGivers 2017 From the Heart Recognition for Their Commitment to Improved Access to Good Oral Health Care For Older lowans Through Mouth Care Matters, Oral Health Training for Those in Direct Care!



**87%**  
say that the conference contributed to the likelihood that they would continue working in the direct care field

**Valerie McDaniel, Madison County Public Health Receives Margaret Swanson Legacy in Giving Award for 43 Years of Service in Direct Care**



L to R: Ginger Mrzena and Kathy Allsup, co-workers receive on Valerie's behalf due to a family emergency.



Donna Cheers and Sally Chapman, Hospice Aides, receive Iowa CareGivers 2017 leadership award!

# The Gazette Iowa Ideas Conference:

September 20 -22, 2017  
Cedar Rapids, IA

The Iowa Ideas Conference will include 80 sessions and more than 250 speakers across eight tracks. The statewide gathering will mix panel discussions, one-on-one conversations and thought-provoking experiences to help move complex issues forward. Iowa Ideas is for anyone who wants to be part of the conversation about the future of our state. To learn more, visit our ["Partners Programs" page](#) on our website.



## FREE Cross-Training: Abuse in Later Life

This training is brought to you by the Iowa Attorney General's Office in collaboration with the Iowa Department on Aging, the Iowa Department of Public Safety, the Iowa Department of Human Services, the State Long Term Care Ombudsman's Office, the Polk County Attorney's Office, the Polk County Sheriff's Office, the Dallas County Attorney's Office, and the Iowa Coalition Against Domestic Violence. The training is conducted by an aging expert, a DV advocate, and a DHS dependent adult abuse expert.

**July 19, 2017 - Fort Dodge, IA - Registration Deadline: July 13**  
[Click here](#) for more information.

**August 23, 2017 - Oskaloosa, IA - Registration Deadline: August 18**  
[Click here](#) for more information.



### BE LOOKING FOR MORE REGULAR COMMUNICATIONS FROM IOWA CAREGIVERS IN THE FORM OF EMAILS AND POSTCARDS

Be looking for more regular communications from Iowa CareGivers in the form of emails and postcards. We will be keeping you informed about "What's Up at Iowa CareGivers". If we don't have your email, please [email us here](#), so you don't miss out on these updates.



### IOWA WORKFORCE SURVEY 2016:

For information on wages, compensation, vacancies and more.

[Click here to view the workforce survey.](#)



You can find these resources and more on our website: [www.iowacaregivers.org](http://www.iowacaregivers.org)



## IOWA CAREGIVERS WELCOMES NEW BOARD MEMBERS:



**Elisabeth Buck**

President, United Way of  
Central Iowa



**Jim Miles-Polka, P.E.**

Client Director  
Foth Infrastructure &  
Environment, LLC



**Josephine "Jodi"  
O'Donnell**

Ames, Iowa



**Becky Pryor**

Administrator  
Jasper County Health  
Department



**Jim Knoepfler**

HCI Care Services/VNS of Iowa

*We are excited  
with the addition  
to our board of so  
many outstanding  
individuals and  
community members.*

## 2017 BOARD AND EXECUTIVE COMMITTEE MEETING SCHEDULE

<b>June 28, 2017</b>	Executive Committee Meeting
<b>July 19, 2017 (Rescheduled for June 28 due to upcoming business)</b>	Board of Directors Meeting
<b>September 27, 2017</b>	Executive Committee Meeting
<b>October 18, 2017</b>	Annual Meeting (tentative)
<b>December 13, 2017</b>	Executive Committee Meeting

*All meetings are held at the Iowa CareGivers office  
in the conference room.*

# Ottumwa Job Corps Students Attend Iowa CareGivers Conference on Scholarships and Benefit From “Bob Sorenson Memorial”



Pictured are students and staff from the Ottumwa Job Corps Program with Shirley Sorenson (front and center). In memory of her late husband, Bob, a fund was set up at Iowa CareGivers to help promote the direct care profession. Through that fund, Shirley designated use of the funds to purchase “Toughest Job You’ll Ever Love” t shirts for everyone at conference. Shirley’s husband, mother, aunt and uncle have received assistance and care from those in direct care, so she knows first-hand how important they are to those they serve and their families



## SHOW PRIDE IN YOUR PROFESSION

Join a grassroots movement of those who work in the field by sharing your Toughest Job You’ll Ever Love calling cards to educate family, friends, neighbors, individuals served about your profession. Call our office at 515-223-2805 to order your cards while they last, or send a request to Ronni Steuben at [ronni.steuben@iowacaregivers.org](mailto:ronni.steuben@iowacaregivers.org)

## A Heartfelt THANK YOU to all for their generous support through tax deductible contributions, event sponsorships, and partnerships.

### IN MEMORY

**Dr. Stan and Jean Haugland**  
*Di Findley  
 Linda and Bruce Simonton*

**Max Hollander**  
*Di Findley  
 Betty Grandquist  
 Julie and Tom McMahon (In memory of MaryAnn's father, Max Hollander, his life and his service to our great country, and in recognition of the great care he received from his daughters and direct care workers in the last few weeks  
 Carol Van Aernam*

**Laurence Rembold**  
*Susan Hyland (Appreciate all dedicated caregivers!)*

**Edna Schwarz**  
*Susan Dow  
 Di Findley  
 Maribel and Terry Slinde*

**Jimmy T. Stevens**  
*Di Findley*

**Jacob Swearngin**  
*Di Findley*

### IN HONOR

**Wanda Schnurr**  
*Jeannette Roth*

**Shirley Sorenson**  
*Betty and Thomas Barton*

### Partners & Donors Contributing \$1,000 and Above

- AARP Iowa\*
- Amerigroup Iowa, Inc.\*
- AmeriHealth Caritas Iowa\*
- DMACC\*
- HCI Care Services and VNS of Iowa\*
- Iowa Department of Public Health\*
- Iowa Department on Aging\*
- Iowa Geriatric Education Center\*
- Iowa Insurance Division\*
- UnitedHealthcare\*
- Unity Point Health-Des Moines\*
- Valley View Village\*

### Partners & Donors Contributing Up to \$999

- Aging Resources of Central Iowa\*
- Shirley Amos
- Jane Bell
- Deanna Clingan-Fischer
- Connie Cochran
- Terry Fankhauser and Mike Polich
- Marc Haffner
- Hubbard Care Center\*
- Iowa Farm Bureau Federation\*
- Jerry Jenkins, Jr.
- Eva Lanczos
- Sue LaPlante
- Julie and Tom McMahon
- Jodi O’Donnell
- Kathy and Joel Olah
- Marilyn and Don Paulson
- Kathy and Chuck Safris
- Linda and Bruce Simonton
- Maribel and Terry Slinde
- Pat Underwood
- Michael and Missy Wolnerman\*
- MaryAnn and Bill Young

\*indicates conference sponsorship  
 Listed are contributions from the period 12/20/2016 to 5/23/17.

[Click here to learn more!](#)  
[Make a contribution by visiting our website.](#)

# Consider a Contribution To the I Care Campaign

See details on page 2.

- ✓ Honor 25 years of Caring About Caregivers with a contribution of \$25 or more (and receive an I Care bracelet). You can [contribute online](#) or complete the form below and mail it along with your contribution.
- ✓ Mail your completed form and contribution to:  
**Iowa CareGivers**  
1231 8th Street, Suite 236  
West Des Moines, IA 50265
- ✓ [Tell us why you care](#) by completing our online form.

## GIVING OPTIONS

Amount of contribution: \$ \_\_\_\_\_

Please select where you would like your contribution to be applied.

Education (Supports educational programs that increase knowledge and skills of direct care workers, empowerment programs, recruitment campaigns, relationship-building with family caregivers.)

Statewide campaign to honor those in direct care     Greatest need

## CONTRIBUTION INFORMATION

Please note that you will be asked to make your donation in "step two" after completing this form.

My contribution is:       In Honor of       In Memory of

Full name of Honoree or Memorial: \_\_\_\_\_

Mailing Address of Honoree or Family of Memorial: \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

## DONOR INFORMATION:

\*Title (Mr., Mrs., etc.): \_\_\_\_\_ \*Name: \_\_\_\_\_

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

\_\_\_\_\_

\*City: \_\_\_\_\_ \*State: \_\_\_\_\_ \*Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

You can either complete this form here or [visit us online](#).



## IOWA CareGivers

### Iowa CareGivers Board of Directors 2017

Maribel Slinde, Chair  
Anne Kinzel, Vice Chair  
Nancy Anderson, Secretary  
Tom Carpenter, Treasurer

Elisabeth Buck  
Dr. Robert Denson  
Deanna Lehl  
Jim Knoepfler  
Jim Miles Polka  
Charlotte Nelson  
Jodi O'Donnell  
Becky Pryor

### Advisors

Kim Downs      Ivan Lyddon  
Betty Grandquist      Shirley Sorenson

### Iowa CareGivers Direct Care Professional Leadership Council Members

Leslie Hayenga-Adams  
Renee Bernier  
Vicky Garske  
Tracy Hoveland  
Kathy Leibold  
Michael Owens  
Laura Schroeder  
Laura Stein  
Jeffrey Weinstock  
Anthony Wells

### Iowa CareGivers Staff

Pam Biklen  
Program Director  
Contributing Editor  
  
Di Findley  
Executive Director  
  
Ronni Steuben  
Program and Data Management Associate

### Iowa CareGivers Consultants

Terry Fankhauser  
Finance Consultant  
  
Brian Allen – Website Consultant  
Julie McMahon – Program & Policy Consultant  
Jeannette Roth – Data System Consultant  
Victor Tonelli, IT Consultant  
Carol VanAernam – Mouth Care Matters Consultant  
Mary Ann Young – Program Consultant

### Iowa CareGivers

1231 8th Street, Suite 236  
West Des Moines, IA 50265  
Ph: 515-223-2805 | Fax: 515-226-3214  
Email: [information@iowacaregivers.org](mailto:information@iowacaregivers.org)  
Website: [www.iowacaregivers.org](http://www.iowacaregivers.org)

## THE LEADERSHIP LOG

The Iowa CareGivers Direct Care Professional Leadership Council serves an important role for the Iowa CareGivers and the profession of direct care. They provide a voice to discussions, promote events that are important to peers, network in a variety of settings, and do all of this above and beyond their busy work schedules. For a list of council members, see page 11. Here are a few of their recent activities:

We staffed an exhibit on Iowa CareGivers behalf at the Iowa Dental Hygienists' Association conference.

We spoke on a panel at the Iowa CareGivers Annual Conference.

We served as hosts, room monitors, presenters, and more at the Iowa CareGivers Annual Conference.

I am taking the Mouth Care Matters class.

I am taking the Prepare to Care CORE class online.

I assisted in teaching the Prepare to Care CORE class.

I have been promoting Mouth Care Matters and the Prepare to Care programs.



Make sure to visit us on the web at: [www.iowacaregivers.org](http://www.iowacaregivers.org) and you can follow us on [Facebook](#) and [Twitter](#)



**Please remember** to update us if you have any name or contact information changes, so that you can continue to receive the Iowa CareGivers HUB and other program announcements. Thank you.

Iowa CareGivers does not discriminate in its educational programs and activities on the basis of race, creed, national origin, ancestry, color, religion, sex, age, disability, veteran status, sexual orientation or any other protected class under relevant state and federal laws.

IOWA CareGivers 

