Impact your life. Above the Clouds. Learn how this model can positively influence those who know how to employ the power of flying above the clouds. Blame and excuses become outmoded and useless for individuals who wish to find ways to impact their future, allowing them to take responsibility for their actions and focus on what counts.

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.

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

About Charlie holes
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 us. 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.

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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.

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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 these 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. 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.

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
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Who is Invited to Attend
Those who work in direct care such as Certified Nursing Assistants, Home/Health Aides, Hospice Aides, Medication Aides, Nutrition Aides, Restorative Aides, Consumer Directed Attendee 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.

3 P’s in a Pod
Professional. Personal. Peer.

2014 Information for the Regional Educational Conferences for Those Who Work in Direct Care

in cooperation with
IOWA CareGivers
1231 8th Street #236
West Des Moines, Iowa 50265
(Phone) 515 222-2801 (Fax) 515 226-3214
Contact us: information@iowacaregivers.org
www.iowacaregivers.org

These programs are made possible through the Iowa Department of Public Health contract #58845N02.
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 drug issues mentioned topics. Drug use, drug trends, and services will be discussed. It will be seen as a “hidden” problem and there is very little public knowledge regarding drug enforcement in Iowa.

TimeSlips: A Story Telling Strategy

By Janet Specht, PhD, RN, and Kathy Drey, BSHA, RN (Aurora Lee Sibenaller, Activity Director, St. Anthony Nursing Home, Carroll, Iowa)
Aura Lee Sibenaller is the activity director for St. Anthony Nursing Home, Carroll, Iowa. She is a TimeSlips volunteer in a local Assisted Facility. Kathy Zahnd is a certified Gerontological Nurse and a retired Nurse Manager from the Iowa Veterans Home and is also a certified TimeSlips volunteer in a local assisted living facility. Cindy joined the staff at the Iowa Veterans Home as a fairly new graduate and practiced there for three years prior to retiring. She was instrumental in the development of the Dementia unit at the Iowa Veterans Home.

About Aura Lee Sibenaller
Aura Lee Sibenaller has 79 beds - including an Alzheimer/Dementia Unit. St. Anthony Nursing Home is a skilled nursing facility with 86 residents. Mrs. Sibenaller has been with TimeSlips since 2010. She started learning the strategy and then did the TimeSlips in local nursing homes.

About Kathy Drey
Kathy Drey, BSHA, RN is a certified Gerontological Nurse and a retired Nurse Manager from the Iowa Veterans Home, and is currently a TimeSlips volunteer in a local assisted living 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 in a local assisted living facility. Cindy joined the staff at the Iowa Veterans Home as a fairly new graduate and practiced there for three years prior to retiring. She was instrumental in the development of the Dementia unit at the Iowa Veterans Home.

What You Need to Know About Consultant

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 professional development program for direct care staff to enhance their knowledge and skills to help retain those who work in the field of direct care. Mary Ann has served on the Iowa Veterans Home 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 direct care services and served on numerous councils and task forces, including Iowa CareGivers.

Reducing Aggression: The Power of Relationships

By Susan Smith, RN, and Cindy Zahnd, RN (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 their probability that they will be successful in their homes or community-based settings. Susan is an employee of the Iowa Department of Human Services at the Woodward Agency. I.TABs services are funded by the Iowa Department of Human Services and are therefore free of charge to the disability agency which receives them.)

Iowa CareGivers: 3 Ps in a Pod

By 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 professional development program for direct care staff to enhance their knowledge and skills to help retain those who work in the field of direct care. Mary Ann has served on the Iowa Veterans Home 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 direct care services and served on numerous councils and task forces, including Iowa CareGivers.

Sign up for emails about future events. Contact Marisa Jones, marisa.jones@iowacaregivers.org.