IOWA CareGivers

Delivering information to those at the center of quality care

January/February 2013

THE HUB
 Enhancing the quality of care by providing education, recognition, advocacy and research in support of direct care workers.

Calling all Leadership Program Graduates!
It is not too late to sign up to attend our first ever statewide leadership conference especially for you. More information on page 3.

Iowa Legislators’ Decisions Will Touch Your Lives!
SEE HOW YOUR VOICES CAN MATTER ON:

- YOUR Educational Standards
- YOUR Career Opportunities
- YOUR Professional Status
(see page 6)

Need Affordable Health Care?
You May Benefit From Affordable Care Act!

Your Voices Are Critical As The State Develops the New Health Benefits Program
More information on page 8

Changes in 2013
Program Dates
Please Disregard Any Previous Program Schedules page 4

Changes in 2013
Program Dates
Please Disregard Any Previous Program Schedules page 4

INSIDE:
- From the Executive Director
- Direct Care Professional Spotlight
- “A Call To Mentoring”
- Educational Standards
- Centenarians Escorted by DCPs
- From the Heart Recognition

STAY INFORMED!
If you are interested in receiving information about educational programs, topics in direct care, and other opportunities, register NOW with the Iowa CareGivers. You can complete the registration form on our website at www.iowacaregivers.org. You can also register by phone or request a form at 515.223.2805 or by email at georgeanna.spagnola@iowacaregivers.org.

Earned Income Tax Credit May Put More Money in Your Pocket
page 7

“I will take any courses that will enhance my education in the Direct Care Field and my goal is to work towards those credentials.”
— Marcelyn Churchill
For more, page 6

Congratulations to “A Call to Leadership” Program Graduates, page 2

This newsletter is made possible in part by IDPH Contract #s 5882NW23 & 5882SN02
Retiring The Word “Association”

In the future we will be known as Iowa CareGivers rather than IowaCareGivers Association. Our name, now 20 years old, brings opportunities but also challenges. Considerable community input aided our decision to make the change.

Why drop “Association” from our name?

1. People view “associations” as organizations that receive large membership dues or fees that provide all the financial support needed. That is not the case with Iowa CareGivers. We are a 501c3 nonprofit and are not supported by membership dues. We provide a valuable support to our state and communities... helping to ensure that all Iowans receive good care and support by a well-qualified direct care workforce. We rely on financial contributions from individuals, grants from corporate and private foundations, public contracts, and through program fees. The reality is that the word “Association” limits our ability to raise the funds needed to expand our programs and services.

2. Confusion! We are often confused with Iowa Health Care Association and other organizations. That confusion finds us spending a lot of time explaining who we ARE NOT rather than who we ARE!

Why not make a more dramatic change in our name?

1. We gathered a great deal of input on this topic from direct care professionals, family caregivers, various organizations, and the public. We received many good ideas and suggestions. Our decision came down to this: We were told by public relations experts, fund raisers, and others that “we have 20 years of equity in our name and to give that up would be a big mistake.” It was recommended that we NOT give up that incredible name recognition, but rather do a better job of letting people know we exist and why we exist.

2. The cost of a major name change would be too costly and it could take years to re-build the name recognition we now have.

Considering the change of name was a fun and interesting process. It allowed us to see how much value we have in the name “Iowa CareGivers” and how so many in Iowa (and beyond) recognize the name and the value of the work we do.

So.... we are now the Iowa CareGivers! Proud of what we were and proud of what we are!

14 Direct Care Professionals Graduate from Iowa CareGivers “A Call to Leadership©” Program

Many of those participating in the December 4 Leadership Program in Pella are involved in the Department of Public Health’s Direct Care Workforce Initiative pilot project. The project is testing standardized education for the direct care workforce.

The Leadership program helps direct care professionals think more broadly about leadership outside of the workplace, professionalism, and how to become a spokesperson and role model for the direct care profession.
Please Welcome Lisa Niehoff of Huxley, Iowa

Says new Leadership Council Member, Lisa Niehoff, “I wish to become a part of a team of other professionals who devote their vast knowledge, combined with their own experiences, in service to your Leadership Council.”

She also states, “I believe training and communication in all aspects of the direct care position is of extreme importance, and I consider this a top priority in keeping staff consistently professional and aware of their value.” Lisa is involved in many activities that help to promote the profession of direct care. We are excited that she has chosen to use her leadership skills by joining our council.

Thanks Lisa! We look forward to you joining this team.

THE LEADERSHIP LOG

What Have Direct Care Professional Leaders Been Up To?

“I distributed information about Iowa CareGivers to a few CNA classes.” – Tracy Hoveland

“I spoke with 5 employees at a work meeting about Iowa CareGivers.” – Kathy Leibold

“I participated in a webinar with legislators in January on behalf of the Direct Care Workforce Initiative.” – Becky Johnson

“I participated in the State's Direct Care Worker Advisory Council meeting.” – Anthony Wells

“I voted during the recent election.” – Vicky Garske

“I assisted with an Iowa CareGivers “A Call to Leadership” program held in Pella in December.” – Jeff Weinstock

“I spoke with a class of Certified Nursing Assistant students about Iowa CareGivers and the opportunities to promote their new profession.” – Sherry Oswald

“I participated in a leadership meeting about Iowa CareGivers.” – Michael Owens

Spotlight:
Laura Stein

Universal Worker,
Member of the
Iowa CareGivers
Direct Care Professional Leadership Council

Where I work: Southfield Wellness Community

Recent accomplishments: I helped at a regional meeting of the Iowa CareGivers and was honored to present one of the “From the Heart” recognitions at the Iowa CareGivers annual meeting.

My favorite part of caregiving: Being needed and helping others with daily activities. I always listen to them and try to help when I can.

Something I’d like to change about the caregiving profession: I would love to change the wages and the insurance benefits.

How will caregiving change in the next ten years? We will have more elderly and less caregivers. We will have more training and knowledge.

My advice to employers about what they need to do to recruit and retain direct care workers: Fully train new hires. Offer insurance and more pay.

Something I’d like to accomplish: I’d like to get my legislators to come in to my place of employment to see what we do.

Someone I admire: I admire not just one person, but a group, the Iowa CareGivers. I learn so much. I also admire my husband because he is very caring and stands by me in any decisions I have to make.

Outside interests: I love to read and just be with my family and spend time with my grand-daughter.

About my family: My husband, Dennis and I have 5 children, 4 boys and 1 girl. I also have 2 grand-daughters.

My favorite vacation spot: Florida, with my family surrounding me.

Graduates of the Iowa CareGivers Leadership Program are invited to attend our first statewide Leadership Conference.

“Filling Your Leadership Bucket”
February 28, 2013
8:45 a.m. to 3:30 p.m.
Des Moines Area Community College, 2006 South Ankeny Boulevard, Ankeny, IA - Building 7, Oak Room

Questions, please call Pam at Iowa CareGivers, 515-729-9729.
2013 is packed full of educational opportunities for YOU!

Here’s a brief look at what is coming up from Iowa CareGivers. You can look forward to the same high quality programming as always. Watch the HUB newsletter, Iowa CareGivers Website, your email, mail, and other resources for the following programs:

- **Regional conferences are back!** In 2013, the Iowa CareGivers will be holding 4 regional conferences across the state. Look for them in April and May 2013. The regional conference will be a one day event full of programs on various topics related to direct care. Agendas are not set yet, so if you have any suggestions on what you’d like to learn, let us know.

- **“A Call to Leadership”** “A Call to Leadership” is a one day educational program that focuses on leadership outside the workplace. The focus of the program is on professionalism and leadership within the direct care profession. Participants identify ways to enhance the professional status and image of their profession, and develop various leadership and advocacy skills. Look for most of these programs in June.

- **“A Call to Mentoring”** “A Call to Mentoring” is a two-day educational program for direct care professionals to enhance peer mentoring skills as a means to help retain direct care staff. The program content focuses on the role of a peer mentor, the importance of active listening and other communication skills, and how to deal with the challenges of mentoring. There will typically be a fee for this program. See more details in Mary Ann’s article on the next page.

- **NEW!** The Iowa CareGivers Direct Care Professional Leadership Council is hosting their first Leadership conference. All who have graduated from the Iowa CareGivers Leadership program are invited to attend. See page 3 for more information. There is no fee to attend.

- **Statewide Educational Conference:** We are excited to share the news that we will be at a new location for this year’s annual conference. Check out the details on this page. Our statewide educational conference is typically held in the fall with over 300 from across Iowa and neighboring states in attendance. The conference provides high quality educational sessions, networking opportunities, community resources, free health and oral care screenings, and a lot of well-deserved recognition. Conference sponsors make it possible for us to keep the registration fees at a very affordable rate. Look for registration information in July. This year’s theme will be announced soon, so keep your eyes and ears open, check our website often, and sign up for Facebook and Twitter notices.

Updated dates and locations for 2013 Iowa CareGivers Programs

**Mark your calendars now.** Additional information will be provided as the programs approach. If you have any questions about these programs, please contact Pam Biklen, Program Director, Iowa CareGivers, at 515.729.9729 or pam.biklen@iowacaregivers.org.

April 8, 2013  
“A Call to Leadership”  
Northwest Iowa Community College  
603 West Park Street  
Sheldon, IA 51201  
Building A, Rooms 116-119

April 18, 2013  
Iowa CareGivers Regional Conference  
Northeast Iowa Community College  
Wilder Business Center  
1625 Highway 150 South  
Calmar, IA 52132

April 23, 2013  
Iowa CareGivers Regional Conference  
Muscatine Community College  
152 Colorado Street  
Muscatine, IA  
Strahan Hall Room 27

April 30, 2013  
Iowa CareGivers Regional Conference  
Southwestern Community College  
1501 W Townline Rd.  
Creston, IA 50801  
Instructional Center Room 220

May 14, 2013  
Iowa CareGivers Regional Conference  
DMACC Carroll Campus  
906 N. Grant Rd.  
Carroll, IA 51401  
Room 142

June 11, 2013  
“A Call to Leadership”  
University of Iowa  
Bioventures Building  
2500 Crosspark Rd.  
Coralville, IA 52241  
Multipurpose Room

June 18, 2013  
“A Call to Leadership”  
Comfort Inn and Suites  
1200 E Baker St.  
Mt. Pleasant, IA  
Meeting Room

June 25, 2013  
“A Call to Leadership”  
Southwestern Community College  
1501 W Townline Rd.  
Creston, IA 50801  
Instructional Center Room 333
“A Call to Mentoring”: Are You Ready?
by Mary Ann Young, Consultant, Iowa CareGivers

“A Call to Mentoring” program that is designed for Direct Care Professionals (DCP) and employers of Direct Care Professionals is being expanded by Iowa CareGivers in 2013.

Why is mentoring so important?
At least 15,000 direct care professionals will be needed by 2018 to meet the growing demand of workers in this profession. Plus, many health and long term care employers already experience extremely high turnover. The annual DCP turnover rate is about 60% and the estimated cost of turnover to our state was $190 million in 2011.

The reasons DCP’s leave the field include:
• Lack of respect for the important work they do
• Lack of benefits such as affordable health coverage
• Low wages
• Limited opportunities for advancement within the field of direct care
• The job duties are not what they expected

Does Mentoring Work? YES!!
• Mentoring is proven to help retain staff longer
• Mentoring programs attract new workers
• Residents and clients receive more consistent care from more consistent staff
• Job satisfaction is increased through mentoring
• DCP’s learn better communication skills, professionalism, and how to work as a team through mentoring classes

“A Call to Mentoring” Program consists of two components:
1. “A Call to Mentoring: Mentor Manager Toolkit”
2. “A Call to Mentoring: A Direct Care Professional’s Guide to Mentoring”

The “Mentor Manager Toolkit” is designed especially for employers of DCP’s who provide most of the hands on care and support to older Iowans and kids and adults with disabilities.

“NDirect Care Professional’s Guide to Mentoring” is designed for DCP’s (certified nursing assistants, home health aides, direct support professionals, patient care technicians, and hospice, rehabilitation, and medication aides.) This two-day program helps prepare DCP’s to become mentors at their places of employment. This program is a thoughtful presentation that uses a number of teaching strategies and tools to foster interaction.

Who will be teaching the “Call to Mentoring” program for Direct Care Professionals?
Iowa CareGivers has hired Mary Ann Young to teach the two-day course which will be offered across the state at locations determined by the level of interest in the local areas. Mary Ann brings a wealth of expertise in public policy impacting older adults, as well as experience in education. 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 and has served on the Iowa CareGivers board, as well as several committees. While with the Department on Aging, she participated on numerous councils and task forces, including but not limited to, the Iowa CareGivers Association, the Governor’s Developmental Disabilities Council, the Transportation Coordinating Council, the Governor’s Conference Steering Committee, and the Aging and Disability Resource Center Advisory Council.

How can I enroll in the “Call to Mentoring Program” for Direct Care Professionals?
If you have an interest in this program, simply contact the Iowa CareGivers Office by:
• Calling Iowa CareGivers at 1-515-223-2805, or
• Contact Iowa CareGivers through our website at: www.iowacaregivers.org

It is the intent of Iowa CareGivers to offer this program on a regional basis across the state during 2013. Be sure to let us know if you are interested so we can begin planning the sessions. THIS PROGRAM IS DEDICATED TO YOU, THE THOUSANDS OF DCP’S WHO PROVIDE VITAL SERVICES TO INDIVIDUALS OF ALL AGES AND ABILITIES.
Iowa Legislators Will Make Decisions That Touch Your Life!
by John Hale, Public Policy and Development Consultant

The new year brings a new session of the Iowa Legislature meeting at the Capitol in Des Moines. There are lots of newly elected legislators roaming the halls, and lots of opportunities to educate them on the important work done by members of the direct care workforce.

Where do we start this education? We start with this – the goal to create a Board of Direct Care Professional in the Iowa Department of Public Health. The creation of the board will establish consistent educational standards for the direct care workforce, provide opportunities for you to specialize and advance in a direct care career, and have you viewed and treated as a member of a valued profession.

Legislation is being introduced in the Iowa Legislature to meet that goal. The time to contact your legislators is NOW!

You can find out information about who your state senator and state representative are and how to contact them by going to this website and simply entering your city and zip code: https://www.legis.iowa.gov/Legislators/find.aspx.

For those without internet access, ask your town clerk or county auditor who your legislators are and how to contact them.

What You Can Do: 1) Contact them by e-mail or phone; 2) tell them who you are and where you are from; 3) ask them to support the direct care workforce in Iowa. Tell them about the need to improve the educational standards for those in direct care, and to give Iowans more reasons to enter and stay in the direct care workforce! 4) Listen to the Iowa Public Radio week-long series on “Being a Caregiver in Iowa” (see the links below) and then send the links to your state legislators and ask them to listen to it!!

“Being a Caregiver in Iowa” aired February 4 – 8 on Iowa Public Radio. It is powerful and moving!

Topics: 1) Iowa CareGivers Discusses Direct Care Workforce Issues and State Educational Standards 2) Lisa Davis, Certified Nursing Assistant, Discusses the Rewards and Challenges of Being a Direct Care Professional.

Topic: Family Caring for Son with Autism

Topic: Woman Diagnosed with Early Onset Dementia Receives Support From Her Husband

Topic: HCI Takes You into the Life of a Hospice Nurse and Volunteer and a Family Served During the End of Life

Topic: Iowan is Grateful for the Care He Receives in His Home

Iowa Public Radio’s “River to River” pulls the week-long series together in their one-hour program that includes further conversation with several of those who appeared in the “Being a Caregiver in Iowa” are interviewed.

Direct Care Professional (DCP) Perspective on Core Training: Moving Toward Educational Standards

When I became a Direct Care Professional (DCP) 6 years ago I received the training given to us at that time.

I am very thankful for having the opportunity to serve on the Leadership team and to help develop new training standards for the DCP’s and to make it a career.

I have had the opportunity to participate in the Personal and Home Care Aide State Training Grant (PHCAST) pilot program, led by the Department of Public Health, and have completed the Core-Home and Community Living (HCL) and the IADL-Instrumental Activities of Daily Living.

I feel this was very educational and was glad to have received this training. I felt it was very helpful with the care given to clients. It is great to be a part of an elderly client, to give them companionship and to help with their daily living so they can remain in their homes. The HCL and IADL gave me that opportunity. I will take any courses that will enhance my education in the Direct Care Field and my goal is to work towards those credentials.

Sincerely,
Marcelyn Churchill from Live A Better Life and Home Instead Senior Care of Des Moines.
What Is A Tax Credit Anyway?

A tax credit is an opportunity each year during tax time that will give you a refund when you file your taxes or cut down the amount of taxes you pay in the first place.

Receiving a tax credit can mean additional money to start a savings account, pay for car repairs, purchase a new computer for your family or pay off a credit card or other debt.

The following credits are available for working families:

<table>
<thead>
<tr>
<th>Tax Credits For Working Families</th>
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<tbody>
<tr>
<td><strong>FEDERAL</strong></td>
<td><strong>IOWA</strong></td>
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<tr>
<td>Earned Income Tax Credit</td>
<td>Iowa Earned Income Credit</td>
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<tr>
<td>Child and Dependent Care Credit</td>
<td>Iowa Child Dependent Care Credit</td>
</tr>
<tr>
<td>Child Tax Credit</td>
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</tbody>
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It All Adds Up!©

An Earned Income Tax Credit Can Put Hundreds of Dollars in Your Pocket!

Below is a screen shot of a page from the It All Adds Up!© Earned Income Tax Credit Online Toolkit. The toolkit provides basic information that is easy to understand and includes a listing of Volunteer Income Tax Assistance (VITA) sites where you can go for FREE tax preparation. Different VITA sites may set different income guidelines to be eligible for FREE tax preparation. Just ask!

While the toolkit is designed for those who work in direct care and their employers, it is also suitable for anyone who may be eligible for the Earned Income Tax Credit. View the toolkit at www.iowacaregivers.org/addsup.

Inside the Toolkit:

- First of All, What Is a Tax Credit?
- Are You Eligible for a FEDERAL Tax Credit?
- Are You Eligible for an Iowa Earned Income Credit?
- Get Your Taxes Done for Free
- Checklist of Items to Take When Getting Taxes Prepared
- List of Volunteer Income Tax Assistance (VITA) Sites in Iowa
- Avoid “RAPID REFUND” Trap!
- Make the Most of Your Refund
- Resources for Individuals
- Resources for Employers
- Contacts

If You Have Questions Regarding Your Taxes

Call 2-1-1. Available 24/7. ISED Ventures: www.isedventures.org or 515-283-0940.

Questions About “It All Adds Up” Online Toolkit or how to get a hard copy of the toolkit, please call 515-223-2805 or download at www.iowacaregivers.org/addsup.

If you earned $50,000 or less in 2012, you may be eligible for FREE tax preparation at one of United Way’s eight VITA sites across central Iowa.

Call 2-1-1 for locations and hours. It’s convenient, accurate, no-stress and FREE.

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Senator Pam Jochum for her continued commitment to the direct care workforce by leading efforts in the legislature. For understanding the importance of this workforce and how important the Iowa CareGivers is to the efforts to give this workforce the respect, the training, the pay and benefits, and the career opportunities they deserve.

Reaching 100 Years Old — Something to Celebrate
Direct Care Professionals scurried to welcome, escort, and honor Iowans who reached the 100 year old milestone during a celebration hosted by Governor Terry E. Branstad, Lt. Governor Kim Reynolds, the Iowa Department on Aging in October.

Advocacy
Your Voices on Health Care Reform Are Critical!
Participate in a Survey to Help Make Sure That The New Health Benefits Program Will Truly Serve Those Who Need It!!

You will have the opportunity to participate in a survey to help plan for the start of the new law. The University of Iowa Public Policy Center and College of Public Health will be doing an online survey to find out your preferences for things like:

1. How to purchase the insurance,
2. Where to go to receive the best information, etc.

They would like you to be one of the groups to complete the survey since many of you do not get insurance from your employer or can’t afford what may be offered through your employer. YOU may benefit from the new law. This information learned from you through this survey will be provided to the Iowa Department of Public Health as they get ready for this insurance coverage to begin in 2014. Please look for an email about this survey later this spring.

For those without an email address on file with us, a link to the survey will also be published in the next issue of the Hub newsletter.

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For those without an email address on file with us, a link to the survey will also be published in the next issue of the Hub newsletter.
Margaret Swanson Iowa CareGivers Fund

Iowa CareGivers, throughout its history, has been largely dependent on contract income, both government and some private entities. With the establishment of the Margaret Swanson Iowa CareGivers Fund at the Community Foundation of Greater Des Moines, the organization desires to work toward a more financially secure future. That can be achieved with contributions such as Margaret’s which can be set aside to supplement the other funding of the organization.

It is clear that the long term needs of Iowa CareGivers will require more private funding. The Board is committed to working on such efforts and gifts for the longer term to be added to the Margaret Swanson Iowa CareGivers Fund or to establish a similar fund for the benefit of the organization will work toward the long term financial security of Iowa CareGivers. If you are interested in pursuing such a gifting opportunity, visit with Di Findley, executive director or a board member and we will help accomplish your wishes.

by Tom Carpenter, Treasurer, Board of Directors, Iowa CareGivers

The Iowa CareGivers was blessed by Margaret Swanson. She cared deeply about those who provide direct care because her life was touched when her daughter, Chris, received direct care following a tragic car accident that left her in a coma for many years. Sadly, Chris never recovered. But because of that personal experience, Margaret saw the importance of Iowa CareGivers. She gave her time, ideas and money to support its important work.

Margaret remembered the Iowa CareGivers in her will. A special fund named for Margaret was established at the Community Foundation of Greater Des Moines, and we are so grateful for her gift.

If your life has been touched by someone who works in direct care, consider a contribution to the Margaret Swanson Iowa CareGivers Fund. Your support will help to ensure that all older Iowans and persons with disabilities receive good and compassionate care! And it will also keep Margaret’s legacy alive.

Please Consider a Gift to the Iowa CareGivers

Show your support for the work we do on behalf of aging Iowans, Iowans with disabilities, their families, and the paid direct caregivers that support them. Your contribution will support 1) high quality educational programs that increase the knowledge and skills of paid direct caregivers; and 2) advocacy that impacts policies that a) ensure the safety and well-being of you and your loved ones and b) encourage Iowans to become paid direct caregivers and make it a career.

Here’s how you can help:

Make a financial contribution.

☐ YES I WILL. Make checks payable to Iowa CareGivers or contribute online at www.iowacaregivers.org

Amount of Contribution $____________________

☐ YES I WILL. Please contact me about considering a larger gift in my will or estate plan.

My contribution is: ☐ In Honor of ☐ In Memory of

Full name of Honoree or Memorial: ____________________________________________

Mailing Address of Honoree or Family of Memorial: ____________________________________________

Name__________________________________________

Complete Home Mailing Address

City, State, Zip__________________________________________

County_________________________________________

Phone (home)________________ Phone (work)________________

Phone (cell)____________________________________

Email Address____________________________________

(Emails are not shared with others.)

☐ Please keep my contribution anonymous.

Your contribution may be tax deductible as prescribed by law. Donors will be listed in the Iowa CareGivers Annual Report unless otherwise instructed.
A Heartfelt thank you to all of the following for your generous support and special contributions.

In Memory
Gus Nelson
Lori SchraderBachar

Donna Neville
Louise DeWitt
Nancy Grandquast Fields
Di Findley
Sharon Gee
Becky and Wes Groff
Mr. and Mrs. David Lawnsdale
Charlotte Nelson
Mr. Harvey Siegelman
Mr. J.E. and Mrs. R.W. Spencer

Jimmy T. Stevens
Connie Stevens
Di Findley

Jacob Addison Swearngin
Di Findley

In Honor
Mercy Home Care & Hospice
Sue LaPlante

Charlotte Nelson
Lori SchraderBachar

Wanda Schnurr
Jeannette Roth

Partners & Donors Contributing $5,000 and Above
Iowa Health — Des Moines

Partners & Donors Contributing $1,000-$4,999
Claude H. Freeman

Partners & Donors Contributing Up to $999
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Cindy Anderson
Nancy and Stephen Anderson
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Anonymous
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Kathy Leibold
Katherine Livingston
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Doris Shoults
Maribel and Terry Slinde
Shirley Sorenson
Michael Splaine
Shirley M. and Roger F. Stetson
Pat Underwood
Dr. Tom Walz
Roberta and Reg Yoder
Mary Ann and Bill Young
Nancy Young

Inkind Contributions
Becky Johnson
Telligen
Val Oxenford
Vicky Garske

*Listed are contributions from the period 10/1/2012 to 1/17/2013

THANK YOU TELLIGEN FOR PROVIDING PRINTING OF THE IOWA CAREGIVERS LEADERSHIP CONFERENCE FLYERS.
A Message from New Board Chair

I am proud and excited to serve as the new Chair of the Iowa CareGivers Board of Directors. It’s 2013, and we have some extraordinary challenges ahead, but I am lucky to follow wonderful leaders such as Betty Grandquist, her board and our Iowa CareGivers Direct Care Professional Leadership Council. They, along with our incredible staff and all who have served the organization over the last 20 years have put us in a position to turn challenges into opportunities.

I am confident that the staff, board, council, consultants, and volunteers have the drive and the skills to work hand in hand to advance the quality of care and support for individuals with disabilities and older Iowans by providing education, recognition, advocacy and research in support of those who work in direct care.

Together, let’s move our 2013 Public Policy Agenda, programs, services, and the caregiving profession forward!

— Maribel Slinde, Board Chair

Iowa CareGivers 2013 Executive Committee

Maribel Slinde, Chair
Anne Kinzel, Vice Chair
Kim Downs, Secretary
Tom Carpenter, Treasurer

Iowa CareGivers Board of Directors 2013 Meetings

All meetings will be held at the Iowa CareGivers Office Conference Room, unless noted otherwise.

All meetings will begin at 3:30 p.m.

<table>
<thead>
<tr>
<th>Meeting Type</th>
<th>Date</th>
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<tbody>
<tr>
<td>Board Meeting (Full Board)</td>
<td>January 16, 2013</td>
</tr>
<tr>
<td>Executive Committee Meeting</td>
<td>March 27, 2013</td>
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<td>Board Meeting</td>
<td>April 17, 2013</td>
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<td>Executive Committee Meeting</td>
<td>June 26, 2013</td>
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<td>Board Meeting</td>
<td>July 17, 2013</td>
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<td>Executive Committee Meeting</td>
<td>September 25, 2013</td>
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<td>Board Meeting/Annual Meeting</td>
<td>Oct/Nov 2013 TBD</td>
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<tr>
<td>Executive Committee Meeting</td>
<td>December 18, 2013</td>
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Resources

VA Caregiver Support Program
If you are a caregiver of a Veteran, let the VA Caregiver Support Program help you. To learn more, visit www.caregiver.va.gov or call the VA Caregiver Support Line, 1-855-260-3274 toll free.

A Conversation on Spirituality and Cancer April 22, 2013
Raccoon River Park Lodge  |  West Des Moines
1:00 - 4:30 pm — Workshop  |  5:30 - 7:00 pm — Keynote Address with Dinner
Call Katie Jones, Iowa Cancer Consortium 319.467.4568 for more information.
I wanted to shoot you an email thanking you so very much for the opportunity to be a part of such an amazing organization. ICA has been an inspiration to the students at Job Corps, and to me. The feeling of support I get from being a member, and the information received from your website and newsletter help me truly feel like a Direct Care Professional, even if I am still just a student. Thank you from the bottom of my heart.

– Adam Gruwell, Ottumwa

Inspiration

Do not follow where the path may lead. Go instead where there is no path and leave a trail.

Harold R. McAlindon
(also attributed Ralph Waldo Emerson, Muriel Strode, and others)

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.

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