



Direct Care:

A CHORUS OF COMPASSION

IOWA CAREGIVERS *Annual Conference*
ONE DAY ONLY

OCTOBER 7, 2024

FFA ENRICHMENT CENTER • ANKENY, IA

Register Now!



An educational conference

especially for Certified Nurse Aides, 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 and Other Certified Nurse Aide Students, other Direct Care Professionals and Family Caregivers.

Soprano Sponsor

STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

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!

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Disclaimer: The use of the term "Sponsor" for the "Direct Care: A Chorus of Compassion" 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."



Top photo: Waterloo Career Academy Middle: Those in Public Health Bottom: Ottumwa Job Corps

Conference Information

ABOUT THE THEME:

DIRECT CARE: *A Chorus of Compassion*

It is our goal to work in harmony to serve the needs of Iowans. The tempo of caregiving can be very quick and the dynamics can vary a lot, but it is important to get into a good rhythm. The bar is set high. Your participation in this conference can be key to rebuilding your passion and to avoiding falling flat from burnout. You will experience programs for self-care, professional and skill development, mental health, and networking with the ensemble of direct care workers and family caregivers in attendance. The day will crescendo in fun and motivation and send you away feeling harmonious and in unison.

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.

Also Available at Conference

Free Dental Screenings provided by DMACC Dental Hygiene Students and Instructors

Exhibit Space Available

Exhibit space will be available at the Iowa CareGivers "Direct Care: A Chorus of Compassion" 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. You can download the exhibit registration form from our website at: <https://www.iowacaregivers.org/s/2024-exhibit-sponsor-form.pdf>

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 21, 2024. 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.

Conference Agenda **Monday, Oct. 7, 2024**

7:00 – 8:00 am Registration/Light Continental Breakfast/Visit Exhibitors, Free Massages, Dental Screenings

8:00 – 8:30 am Greeting
Di Findley, Executive Director, Iowa CareGivers



Welcome
Elizabeth Matney, Director, Iowa Medicaid and Division of Administration, and Iowa Department of Health and Human Services Deputy Director



8:30 – 9:30 am Opening General Session: Could Your Medication Be Hurting Your Memory?
Dr. Yogesh Shah, MD, MPH, FAFM, Medical Director, Broadlawns Memory Clinic

9:30 – 10:00 am Iowa CareGivers General Session: Getting “Tuned In” to Inspire Change

10:00 – 10:15 am Break: Visit Exhibitors, Free Massages, Door Prize Search, Dental Screenings

10:15 – 11:15 am Workshops: Session A
A1: Dissecting Anxiety
by Kirby Rowl, LMSW, Therapist, Southern Iowa Mental Health Center

A2: LGBTQ+ 101: Healthcare Best Practices
by Cecilia Martinez, Program Coordinator, Onelowa

A3: No Nonsense Neuro: Understanding Peripheral Neuropathy
by Susan L. Brown, PhD, NRP, CHES, Associate Professor, Mercy College of Health Sciences

11:15 – 11:30 am Break: Visit Exhibitors, Free Massages, Door Prize Search, Dental Screenings

11:30 – 12:30 pm Workshops: Session B
B1: Social Isolation After Brain Injury: Challenges, Strategies, and Success Stories
by Courtney Sand, MS, LBA, BCBA, CBIS-T, Senior NRF Team Leader, Brain Injury Alliance of Iowa

B2: Healthy Mouth = Healthy Life, Oral Health: The Path to Good Overall Health for Those Who Care for Others
by Robin McNeil, RDH, BS, MSDHE, University of Iowa College of Dentistry

B3: All Things Arthritis
by Katie Sporrer, Development Manager, Arthritis Foundation

12:30 – 1:15 pm LUNCH

1:15 – 2:15 pm Workshops: Session C
C1: Understanding the Power of Music Therapy
by Madi Terrell, MT-BC and Amanda Neira, MA, MT-BC, West Music Company

C2: Deep Vein Thrombosis (DVT), Pulmonary Embolism (PE), and Lymphedema
by Jacoby Stieler, ARNP-C, Nurse Practitioner Vein Center and Peripheral Vascular, Iowa Heart Center

C3: Oxygen Therapy: What You Need to Know
by Tracy Lynch, RCP, RRT, Adjunct Instructor, Respiratory Therapy Program, Des Moines Area Community College (DMACC)

2:15 – 2:30 pm Break: Visit Exhibitors, Free Massages, Door Prize Search, Dental Screenings

2:30 – 3:00 pm Direct Care: A Chorus of Compassion Activity

3:00 – 4:00 pm Closing General Session: The Integrity Pathway: Transforming Workplaces, Enhancing Lives
By Erik Dominguez



Certificates of attendance:

Attendance at this conference is good for 6 contact hours 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 are not able to provide CEUs for RNs, LPNs, or other licensed staff. Thank you

Conference Session Descriptions: Monday, Oct. 7, 2024

OPENING GENERAL SESSION:

Could Your Medication Be Hurting Your Memory?

By Dr. Yogesh Shah, MD, MPH, FAFM, Medical Director, Broadlawns Memory Clinic



Would you believe that the medication you might be taking right now may be causing memory issues? All medications carry the potential for side effects, but healthcare providers work to balance the benefits while minimizing harmful adverse effects. One class of medications, anticholinergic medications, is known to have short and long-term side effects including confusion and memory loss. We'll discuss more about these medications.

IOWA CAREGIVERS GENERAL SESSION:

Getting "Tuned In" to Inspire Change

The purpose of this session is to introduce Iowa CareGivers to newcomers and update those who have been involved for many years. It is also a time for Iowa CareGivers to take "note" of your ideas on how we can serve you better. Attendees will receive information about the Story Card Campaign and how to participate. Trivia questions about Iowa CareGivers and direct care workforce issues will be used to engage attendees. So, come prepared to have an informal conversation.

WORKSHOPS: SESSION A

A1: Dissecting Anxiety by Kirby Rowl, LMSW, Therapist, Southern Iowa Mental Health Center This session will clearly outline the varying components of anxiety, then break down strategies for mitigating both chronic and acute symptoms. We will define anxiety and discuss strategies for coping with it proactively, in the moment, and retroactively.

A2: LGBTQ+ 101: Healthcare Best Practices by Cecilia Martinez, Program Coordinator, Onelowa This training covers information about LGBTQ identities and terminology, gender, sexual orientation, and gender expression. Learn best practices and recommendations for supporting LGBTQ patients in a healthcare setting including appropriate intake and screening, insurance protocols, and wrap-around services, and review disparities LGBTQ patients face in the healthcare system and beyond.

A3: No Nonsense Neuro: Understanding Peripheral Neuropathy by Susan L. Brown, PhD, NRP, CHES, Associate Professor, Mercy College of Health Sciences In this program, attendees will review basic elements of the neurologic system, including normal anatomy and physiology. The program will then shift to the exploration of disorders of the neurologic system, focusing on the identification of conditions which cause peripheral neuropathy, its associated characteristics, and how to support individuals with peripheral neuropathy.

B1: Social Isolation After Brain Injury: Challenges, Strategies, and Success Stories

by Courtney Sand, MS, LBA, BCBA, CBIS-T, Senior NRF Team Leader, Brain Injury Alliance of Iowa "Rarely, if ever, are any of us healed in isolation. Healing is an act of communion." People need people. When we aren't connected to others, we experience things like loneliness and isolation, which pose a serious health risk. Social isolation is quite literally breaking our hearts. Fostering connections and creating supportive environments can significantly improve quality of life and health outcomes. Although this presentation is told through the lens of brain injury, social isolation exists across many, varied diagnoses and populations, including caregivers and the individuals they serve. Join me to learn more about the difference between loneliness and isolation, why social isolation is common after a life-changing event like brain injury, how the COVID-19 pandemic impacted isolation, and strategies for combating social isolation.

B2: Healthy Mouth = Healthy Life, Oral Health: The Path to Good Overall Health for Those Who Care for Others by Robin McNeil, RDH, BS, MSDHE, University of Iowa College of Dentistry This program will provide important information connecting the oral cavity to your overall health. Attendees will also learn how to better serve their clients and increase their overall health.

B3: All Things Arthritis by Katie Sporrer, Development Manager, Arthritis Foundation Did you know there's over 100 forms of arthritis? In Iowa, there are approximately 778,000 arthritis patients. Join us for All Things Arthritis to learn more about forms of the disease, signs/symptoms you might not expect, and tips for living with the disease or working with those who do! You will learn some surprising side effects/symptoms of the disease and learn what habits and daily routines arthritis patients most benefit from.

WORKSHOPS: SESSION C

C1: Understanding the Power of Music Therapy by Madi Terrell, MT-BC and Amanda Neira, MA, MT-BC, West Music Company Join two experienced board-certified music therapists to learn more about the field of music therapy! We'll discuss the benefits of music that make it such a great tool for therapy. Multiple case studies will be shared to help the work of a music therapist become clear. Participants will also learn about music therapy services and how to find a local music therapist, as well as be able to differentiate between music therapy and recreational music activities.

C2: Deep Vein Thrombosis (DVT), Pulmonary Embolism (PE), and Lymphedema by Jacoby Stieler, ARNP-C, Nurse Practitioner Vein Center and Peripheral Vascular, Iowa Heart Center A prevalent medical problem affecting 300,000 – 600,000 people in the US annually, DVT and PE have a profound impact on healthcare. Post thrombotic syndrome can impact quality of life. You will learn ways to help

with early identification, management, and prevention. We will define and describe risk factors for developing DVT, identify signs and symptoms of DVT and PE, discuss diagnostic evaluation of DVT and PE, learn management plans for DVT and PE, and learn to identify and manage lymphedema.

C3: Oxygen Therapy: What You Need to Know by Tracy Lynch, RCP, RRT, Adjunct Instructor, Respiratory Therapy Program, Des Moines Area Community College (DMACC)

This session will review disease processes that may require home oxygen therapy. How to safely and effectively use and clean home oxygen devices will be presented. Considerations about traveling with oxygen will also be discussed.



CLOSING GENERAL SESSION:

The Integrity Pathway: Transforming Workplaces, Enhancing Lives

By Erik Dominguez In a world where integrity often takes a backseat, its absence is keenly felt across all levels of a workplace — affecting trust, productivity, and personal fulfillment. "The Integrity Pathway" keynote by Erik Dominguez addresses this vital issue, shedding light on how aligning our actions with our values is crucial for a thriving professional environment and a gratifying personal life. Erik brings a unique combination of humor, sincerity, and insightful storytelling to this topic. Steering clear of overused motivational clichés, he focuses on delivering practical wisdom in an interactive and impactful manner. This approach makes the principles of integrity not just understandable but also relatable and actionable in everyday scenarios. Through the keynote, attendees are guided to explore the essence of integrity and its profound impact on both personal and professional interactions. Emphasizing the transformative power of truth, responsibility, and effective communication, Erik blends personal anecdotes with brain science and industry-specific examples. This multi-faceted approach ensures a rich and engaging learning experience. Attendees will depart with a deep appreciation for the role of integrity in their professional and personal spheres and uncover how embracing integrity can lead to enhanced workplace dynamics and personal satisfaction. It's time to redefine success with integrity at its core.

Key takeaways include:

- Unveiling Integrity: Discover and address the core elements of integrity, redefining its role in personal and professional realms.
- Practicing Integrity Principles: Learn and apply fundamental principles of integrity in daily interactions and decision-making for sustained authentic engagement.
- Cultivating an Integrity Culture: Embrace strategies that promote a culture of honesty and responsibility, strengthening team cohesion and workplace morale.

Monday, October 7, 2024

FFA Enrichment Center
 Prairie Trail Parkway, Ankeny



Conference Registration 2024

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 or 515-223-2805 by September 20 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 or Other CNA 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: <https://tinyurl.com/yv4pxzrx>

Registration Fees: \$100

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 substitute may attend in your place at no charge.
- A confirmation of registration will be emailed to you.