

RENEW YOURSELF PHYSICALLY, MENTALLY, AND SPIRITUALLY



DIRECT CARE WORKER

RESERVOIR REPLENISHING RETREATS

MARCH 13, 2025

8:00 A.M. – 3:15 P.M.

Location: Northwest Iowa Community College

REGISTER AT:
[HTTPS://BIT.LY/4HWVUCC](https://bit.ly/4HWVUCC)

*This **FREE EVENT** is made possible through a partnership between Northwest Iowa Community College and Iowa CareGivers and funded through Iowa CareGivers' generous donors, Chuck and Kathy Safris.*

Burnout among those who provide direct care and support to Iowans of all ages and abilities is at an all-time high. If you are a Certified Nursing Assistant, Home Care Aide, Personal Care Aide, Patient Care Technician, Direct Support Professional, Hospice or Medication Aide, Nurse or Family Caregiver, please give yourself a break from the physical and emotional demands of the work you love.

Your day will kick off with a great opening speaker followed by sessions by experts on self-care topics designed to renew you physically, mentally, and spiritually. A continental breakfast and lunch will be provided, exhibitors will be on hand to share helpful resources, and even free massages, and door prizes!



REGISTRATION, LOCATION AND OTHER INFORMATION

REGISTRATION: Even though the conference is free, **registration is required** to ensure enough materials and food. Please register by going to: <https://bit.ly/4hwvucc> or you may also call 515-729-9729. Registration will be open through the end of the day on March 6, 2025. Walk-ins will be accepted but may not receive printed materials, or gifts and food will be on an as available basis. If you register and then can't attend, please call the number above to let us know so we can cancel the food order.

LOCATION: This event will be held at Northwest Iowa Community College, Building H, 603 West Park St., Sheldon, IA 51201. Visit: https://nwicc.edu/post/sections/335/Files/campus_map.pdf for campus map.

CERTIFICATES OF ATTENDANCE AND CONTACT HOURS OF CONTINUING EDUCATION

ALL PARTICIPANTS WILL RECEIVE A CERTIFICATE OF ATTENDANCE AT THE END OF THE DAY WHEN EVALUATIONS ARE TURNED IN.

We are unable to provide Contact Hours of Continuing Education for Licensed Nurses and other Licensed Health Care Professionals.

PRESENTATIONS

The session topics were suggested by direct care workers.

SCHEDULE FOR YOUR DAY

8:00-8:45	Registration & Continental Breakfast
8:45-9:00	Welcome & Housekeeping – Sonya Swanson, BSN, RN, Healthcare Simulation Coordinator, Northwest Iowa Community College & Renee Bernier, CNA, CMA, and Advisor, Iowa CareGivers Direct Care Council
9:00-10:15	Keynote Speaker – Steve “Safari Dude” Fredlund
10:15-10:45	Break & Visit Exhibit Tables
10:45-11:15	Financial Health – Sheila Peelen CFP, AAMS and Dan Drescher with Edward Jones
11:15-12:15	Lunch, Massages, and Visit Exhibit Tables
12:15-12:45	Healthy Meals on the Go – Sheila Storbakken RDN with Village Northwest Unlimited
12:45-1:15	Yoga – Kate Zeutenhorst LMT, RYT 200 with Rhapsody Massage
1:15-2:00	Mouth Care Matters - Amber Cooke, RDH, BSDH, I-Smile™ Silver Coordinator & Mouth Care Matters Instructor, Webster County Health Department
2:00-2:15	Break & Visit Exhibit Tables
2:15-3:00	Mental Health and Wellness – Jenna Ramirez with Hope Haven
3:00-3:15	Closing, Evaluations, Certificates of Attendance, and Door Prizes

Note: If you are under the care of a doctor, we encourage you to check with your health care provider before making any changes to your health practices.



KEYNOTE: STEVE “SAFARI DUDE” FREDLUND

“Safari Dude” Fredlund is a Breakthrough Expert and keynote speaker, known for helping individuals and organizations move beyond the ordinary and achieve their extraordinary. With over 30 years of experience as a corporate actuary, nonprofit executive, entrepreneur, and safari guide in East Africa, Steve blends research, personal stories, and his Mist-to-Mountaintop Framework to guide audiences toward extraordinary success.

He is a best-selling author of *Do the Unright Thing: Memoir of a People Pleaser* and a two-time TEDx speaker. Steve equips audiences to break through uncertainty, optimize team performance, and drive innovation with his unique approach to leadership and fulfillment. Offstage, Steve enjoys disc golfing and enduring another season of Minnesota sports heartbreak.

RENEW YOURSELF PHYSICALLY, MENTALLY, AND SPIRITUALLY

QUESTIONS?

For questions regarding registration contact Tammy Peterson, Iowa CareGivers, at tammy.peterson@iowacaregivers.org or 515-729-9729.

For questions regarding location or the program agenda contact Sonya Swanson at sswanson@nwicc.edu or 712-324-5061 or 800-352-4907 ext. 264.

THANKS TO IOWA CAREGIVERS' DONORS FOR MAKING SELF-CARE RETREATS FOR DIRECT CARE WORKERS POSSIBLE!



Kathy and Chuck Safris

"WE ARE PLEASED TO ADD OUR SUPPORT TO THE ORGANIZATION THAT ENDEAVORS TO SUPPORT YOU IN YOUR CAREER."

It has been impressive to watch Iowa CareGivers over the 32 years of service to professional caregivers. Less visible is the work accomplished with the Iowa Legislature and the positive impact the organization has made in understanding the direct care profession and the importance of direct care workers to those with a wide range of care and support needs.

Yet, as with anything important, the work is never done. We see Iowa CareGivers always in action: recognizing gaps and opportunities in direct caregiving and developing programs that address the needs of direct care workers. In addition, creating public and legislative support for direct care workers. We are pleased to add our support to the organization that endeavors to support you in your career. We are confident that this self-care and educational program will give you the motivation to carry on with confidence and assurance that Iowa CareGivers, and many others, understand how important your work is to you, the people you serve, and to their families.



**DIRECT CARE WORKER
RESERVOIR
REPLENISHING
RETREATS**