

Delivering information to those at the center of quality care

Great Opportunity for Direct Care Workers: Apply to Serve on a State Educational Review Committee

Deadline for Applications is January 31, 2011.

Your participation will help ensure that direct care workers receive the education and professional status they deserve. For more information about this opportunity, go to page 5.

New State Leadership Express Support for Direct Care Workers



Iowans recently elected Terry Branstad as Governor and Kim Reynolds as Lt. Governor. They were sworn into office on January 14th. Governor Branstad, in his comments for the October 2010 issue of the HUB newsletter, said that he will work to raise the income of Iowa families by 25%, and that he has been a supporter of the Iowa CareGivers Association since its inception. Lt. Governor Reynolds participated in an Iowa CareGivers Association "Come Care With Me" event that was reported in the November 2010 issue of The HUB. She mentioned the experience in her recent

See page 8 for more.

INSIDE:

- From the Director
- Regional Conferences
- Dementia
- Public Policy Agenda
- Public Forum
- Recognition
- Annual Meeting
- Community Resources
- And more...

ANNOUNCING
Iowa CareGivers
Association 2011 Annual
Conference Dates

See page 3 for more information.

**Registration Now Open
for the 2011 ICA
Regional Conferences**

Page 3 for more
information.



ICA 2011 Public Policy Agenda

"As direct care workers, our lives, jobs, and the lives of those we serve are affected by the decisions that Iowa's elected officials make..."

Direct care workers, Cindy, Diane, and Laura invite you to review the 2011 Iowa CareGivers Association Public Policy Agenda. For more, go to page 4.



Iowa CareGivers
Association's
Legislative Reception and
Public Forum on Direct
Care Workforce Issues

February 22, 2011
5:00 - 7:30 p.m.

YOU'RE INVITED!
COME
CARE
WITH US

For more information on the ICA Public Forum, go to page 5.

Stay Informed! If you are interested in receiving information about educational programs, topics in direct care, and other opportunities to get involved, **register NOW** with the Iowa CareGivers Association Resource & Outreach Center (ROC). You can complete the registration form on our website at www.iowacaregivers.org or you may request a form be mailed to you by calling 515.223.2805 or emailing georgeanna.spagnola@iowacaregivers.org.

Direct Care Worker or Direct Care Professional?

Over the next several months you will begin to see or hear the words “Direct Care Professional”. It is the new way that we will be talking about direct care workers like you. This is a recommendation that comes from the state’s Direct Care Worker Advisory Council, which was originally known as the Direct Care Worker Task Force.

There are lots of ideas and views about the language we use to define who you are and what you do. One of the reasons it has always been so hard to define your field is because you don’t have a certification or licensing board like other health and long term care professionals. And there is a lot of variation in the education and training you receive. Often your education and training requirements depend upon where you work (assisted living, nursing home, hospital, hospice, group home, or in home setting) rather than the needs of those you serve.

Last year, the legislature passed a bill that calls for the establishment of a Board of Direct Care Workers (Professionals). What that means for you is that you will finally receive the professional status that you deserve and you will own your own credentials or certification. The Advisory Council has been working very hard to develop a system that will make sure you receive the education you need to provide care and support to lowans regardless of where you work. The new system will make it easier for you to move from one level of care to another without losing certification. We are also advocating for changes that will allow you to keep your certification current through continuing education programs at conferences, the workplace, or online.

We hope you are pleased with the progress being made. I encourage you to contact me with ideas or concerns you may have.

Direct Care Professional (Worker) Definition:

an individual who provides supportive services and care to people experiencing illnesses or disabilities. Direct care workers are the front-line of Iowa’s health, support, and long term care workforce, providing hands-on care and support to individuals of all ages and abilities in settings that range from acute care in hospitals to services in the home and community-based settings.

We’ve Got Your Back!

When I started the ICA nearly 20 years ago, direct care workers were never seen at the State or National Capitols. You were not included or asked to participate in decision making by serving on various state committees or task forces. You were rarely included in care planning councils at your places of employment.

When I worked as a nurse aide (before certification was required) I didn’t have an organization that represented my independent voice, I didn’t have a statewide direct care worker resource and outreach center to go to for information and support; I didn’t have a newsletter that was written just for me; and I never had an opportunity to network with other direct care workers from across the state at a statewide convention. Direct care workers...back in my day...never had an organization that looked out for our best interests...there was no single organization there that had our backs! Today there is. The Iowa CareGivers Association has your best interest at heart...we are there to represent your INDEPENDENT VOICE! What that means is that we are not owned by any outside interests. That is the only way we can remain true to you and your best interests. I applaud the progressive providers and others who value your voice and our independence.

If you have questions about the ICA give us a call at 515-223-2805 or email me at di.findley@iowacaregivers.org.

Ever Wonder How Many Certified Nursing Assistants (CNAs) Are Also Registered with the Iowa Board of Nursing?

Unfortunately, our state doesn’t have a system in place that gives us a very accurate picture of that information. But one day in October of 2010 the state did a cross reference of those on the Direct Care Worker Registry and the Iowa Board of Nursing. There were 36,391 active CNAs on the Direct Care Worker Registry and at that time 4,408 of those individuals also appeared as active Licensed Practical Nurses or Registered Nurses on the Iowa Board Nursing.

Former Nursing Assistant Credited With Saving the Life of Congresswoman Gabriella Giffords After Shooting!

Recently Arizona Congresswoman Gabriella “Gabby” Giffords and several of those attending her town hall meeting were shot. Daniel Hernandez, Giffords’ assistant, was a former nursing assistant and was credited with saving her life when he administered care after she sustained a gunshot wound to the head. When Daniel spoke at a memorial to those who lost their lives, he “humbly declined” references to his being a hero. He said the real heroes are those in “direct care” and other public servants who care for people every day. Thank you Daniel! We at Iowa CareGivers Association send our thoughts and prayers to all who were affected by this horrible tragedy.

Registration Now Open for the 2011 ICA Regional Conferences



Iowa CareGivers Association is holding four Regional Conferences across the state in April 2011. To view the full agenda and to register, go to our website at www.iowacaregivers.org. You can also register by downloading the form and mailing it to ICA or faxing it (515.226.3214) or you can email or call Georgeanna Spagnola at georgeanna.spagnola@iowacaregivers.org or 515.223.1721.

April 5, 2011: Fort Dodge
Iowa Central Community College
One Triton Circle
Fort Dodge, IA 50501
BHS Auditorium

April 20, 2011: Mason City
North Iowa Area Community College
500 College Drive
Mason City, IA 50401
Muse Norris Conference Center
NC 180 A, B, C, D, E, F

April 19, 2011: Ottumwa
Indian Hills Community College
Rural Health Education Center
655 Indian Hills Drive
Ottumwa, IA 52501
Room # 108

April 26, 2011: Dubuque
Northeast Iowa Community College
Town Clock Center for Professional Dev.
680 Main St.
Dubuque, IA 52001
Room 106 A, B, & C

Getting into the World of Those with Dementia

In April 2011, Iowa CareGivers Association will hold four Regional Conferences. Part of the agenda will be a session entitled, "Getting Into the World of Those with Dementia."

Dementia is a general term describing a person with a brain impairment impacting cognitive and memory functioning. It describes a group of symptoms reflecting abnormal function. Dementia is an impairment of a person's intellectual functioning. Dementia is not a normal part of aging and is not a disease in itself. During our session you will receive a packet of handouts that will help you correlate the age of developmental ability and the stage at which ability is lost. This was very helpful to me to understand that I was at times "expecting" too much because I was not seeing the world from the person's eyes, I was seeing it from my eyes. We can learn so much if we take the time to learn and understand what may be going on in the world of someone living with dementia. Be creative and think outside the box, you will be amazed at what changes in behavior can occur with insight and compassion.

Another handout you will receive is the "Global Deterioration Scale"; this was also helpful for me to be able to understand degenerative dementia. Education is the key to growing and understanding so we can give the best of ourselves and in turn receive the best from those entrusted to our care.

The dementia session is taken from the Dementia Education Preceptor Program, a project developed by the Alzheimer's Association Greater Iowa Chapter & Iowa CareGivers Association through a grant from the Iowa Department on Aging. The project included the development of a dementia specific curriculum for a 24 hour training program for direct care workers who are providing care in Iowa's nursing facilities, home care agencies, and in other health care settings. The program has nine modules and is based on references from recognized experts in the field of dementia care and evidence based research.

The last time I wrote for the HUB it included an article in honor of my father, Herbert H. Krause. December 5th, 2010 my father, who had dementia, died at Heritage Home in Bancroft, Iowa. He will be greatly missed and his memory will forever stay in my heart. Thank you for the supportive comments and cards. I have more passion than ever to talk about dementia and how we can help those going through this in their life.

To the right is a poem in honor of my dad. Please know my care and concern goes out to those whose lives have been touched by dementia.

2011 Annual Conference

Mark your calendars for Monday, August 29 and Tuesday, August 30, for the 2011 ICA Annual Conference for Direct Care Workers.

There will also be a preconference session and networking on Sunday, August 28.

The conference will be held at the Sheraton West Des Moines.

Get ready to walk the red carpet, flash your biggest smiles, and join us! Can you guess what the theme is? It will be revealed soon!

Look for more information soon!

Anyone interested in becoming a sponsor may call Pam at 515.225.2952

In Honor of my Dad

Dad had a gentle spirit
And enjoyed this wonderful life.
God blessed him with four children
And a dedicated wife.

Dad looked at life with wonder
And appreciated the great outdoors.
He took his family camping
This great country we explored.

Dad took care of nature
He nurtured God's little birds.
Dad taught me to be gentle
To speak kind and loving words.

Dad was proud to be a veteran
And serve in this great land.
He taught me to respect our flag
To honor and take a stand.

Dad was a friend to many
People said they were glad they met.
He loved to laugh and dance and sing
And always win a friendly bet.

Dad was a wise and loving man
He never told you what to do.
If asked for advice he gave it
By saying...."Be true to you."

The time has come to let Dad go
And be with God above.
I am so very thankful for my Dad
And to have experienced unconditional love.

Heidee Barrett-McConnell

2011 Iowa CareGivers Association's Public Policy Agenda:

Cindy, Diane and Laura say...



Pictured L to R: Cindy Ramer, CNA, Diane Frerichs, CNA and Laura Schroeder, CNA urge direct care workers to "get involved"!!

As usual, when Diane, Cindy and Laura talk...I listen.

And to what they've said, I add this..."AMEN!"

The jobs of direct care workers, and the quality of care provided, **ARE** directly affected by what goes on in the Capitols in Des Moines and Washington D.C.

I know that you can't be in those places or even be aware of what's going on in those places as much as you might like. You've got busy lives. You might think that anything to do with politics is just too complicated or too crazy. Or you might think that one voice really doesn't make a difference.

Well, I need to tell you this: what you think does matter. What you know (about your work, about the people you serve) matters. And those who are elected to represent you need to and want to hear from you.

So, my hope is that when we contact you for help (to make a call, to send a letter or e-mail, etc.) that you'll do so. I hope you'll try to attend our Legislative Forum in Des Moines on February 22nd. I hope you either know or will find out who represents you in Des Moines or in DC and make an effort to talk with them if they have public meetings in or near your community. And, I hope you'll realize that improving your jobs, your workplaces and your knowledge and skills is not just my job, or Di Findley's job, or the Board of Director's job, but it's your job too. One voice can make a difference. Many voices can make even more of a difference. Make sure yours is one of them!

I wish you the very best in this new year!

John Hale, ICA Public Policy Consultant

As direct care workers, our lives, jobs, and the lives of those we serve are affected by the decisions that Iowa's elected officials make. The Iowa CareGivers Association represents our "independent voice" and has our best interests at heart. Every year we put together a list of public policy priorities that are important to direct care workers. Please review this year's policy agenda and choose to get involved. Legislators welcome our comments as they are working for us. They are looking for experts in different fields and we can definitely help them out on issues related to our field of direct care and the people we serve. Please call the ICA office if you have any questions 515-223-2805.

ICA's 2011 Public Policy Agenda

Improve the Quality of Care Provided by Direct Care Workers:

- Encourage greater identification and use of best practices among providers of services and involve direct care workers in identifying those practices.
- Pursue expanded use and transparency of Civil Monetary Penalty (CMP) Fund dollars to enhance the quality of care in nursing facilities. Obtain CMP funds to increase ICA and others' efforts to recruit and **retain** well qualified direct care workers.

Improve the Knowledge and Skills Possessed by Direct Care Workers:

- Continue the work of the Direct Care Worker Advisory Council focused on the creation of the Board of Direct Care Workers in the Iowa Department of Public Health by 2014:
 - Establishing consistent educational standards and certifications across care settings
 - Providing career pathways and opportunities for specialized certifications (e.g. oral care, dementia, and others)
 - Collecting data about the size and make-up of the direct care workforce.
- Seek a change in federal law to allow direct care workers to maintain their certifications through continuing education.

Improve the Standard of Living of Direct Care Workers:

- Continue and assure appropriate use of the Nursing Home Quality Assurance (provider tax) dollars.
- Support strategies to improve wages and benefits for direct care workers (DCWs) including reconvening the legislatively directed DCW Compensation Committee.
- Work to expand the benefits afforded by programs such as the Earned Income Tax Credit.
- Support federal legislation that addresses the direct care workforce and long term care quality. Focus will be on the re-authorization of the Older Americans Act, the Workforce Investment Act, and passage of the Direct Care Worker Empowerment Act.

Improve the Health of Direct Care Workers and Their Access to Health Care Services:

- Continue assisting the State Government to expand the Iowa Care and Medicaid programs and to create a Health Benefits Exchange.
- Support federal or state legislation that would create a minimum amount of paid sick leave for health and long term care workers.
- Support wellness and health promotion programs for direct care workers.

Iowa CareGivers Association's
Legislative Reception and Public Forum on Direct Care Workforce Issues

February 22, 2011 • 5:00 – 7:30 P.M.

The Des Moines Botanical Center, 909 Robert D. Ray Drive, Des Moines, IA 50316
Oak-Willow Rooms

Special Guest: Lieutenant Governor Kim Reynolds

Featured speakers: Charlie Bruner, Child and Family Policy Center, Iowa Department of Public Health, Anne Kinzel, the Jim Pender Family, and YOU will discuss concerns about the emerging "tsunami of care needs" and what must be done to ensure lowans receive the best possible care and support

Forum is free to the public! Must register for the forum online at our website www.iowacaregivers.org
Or by calling 515-223-1721 or 888-710-2762

Opportunities

Interested in being a part of the Direct Care Professional (Worker) State Educational Review Committee? *Continued from Page 1*

The Iowa Department of Public Health is seeking applications from direct care workers who would like to serve on a Direct Care Professional Educational Review Committee.

An application has been released for Direct Care Professionals to form a committee that will review training materials based on direct experience providing services to individuals with disabilities, older lowans, and individuals with health issues.

The application for participation is available on the Iowa Department of Public Health's Direct Care Workforce webpage: http://www.idph.state.ia.us/hcr_committees/direct_care_workers.asp

Applications are due by January 31, 2011.

For more information, contact:

Erin Drinnin
EDrinnin@idph.state.ia.us
(515) 281-3166 Iowa Department of Public Health

Jennifer Furler
jfurler@sppg.com
(515) 243-2000 State Public Policy Group

Recognition

A "From the Heart" Thank You & Farewell Presented to Direct Care Worker Advocate

Outgoing Director of State Regulatory Agency Turns the Page As He Leaves State Government...

But Vows He Won't Close the Book on Advocating for Direct Care Workers!

Lin Salasberry, Certified Nursing Assistant (CNA), nominated Dean Lerner, Director, Iowa Department of Inspections and Appeals for the Iowa CareGivers Association's "From the Heart" Award. Lerner, who has served as director of the Department under Governor Chet Culver, resigned from the Department the end of December. Lerner vows to continue to advocate on behalf of direct care workers, older lowans, and persons with disabilities.

Lin, the ICA Board of Directors, ICA Direct Care Worker Leadership Council, and staff believed it was important for people and especially direct care workers to understand what a great advocate Lerner has been for direct care workers.

Lin and the ICA look forward to working with the newly appointed director, former State Representative Rod Roberts, to ensure lowans receive the best possible care and support.

The ICA thanks Dean for his support of direct care workers and we wish him well.

Pictured L to R: J Bennett, Administrator, Health Facilities Division; Lin Salasberry, Certified Nursing Assistant; Dean Lerner, Director, Iowa Department of Inspections and Appeals; Di Findley, Executive Director, Iowa CareGivers Association; Betty Grandquist, Board Chair, Iowa CareGivers Association.



Nurse Aide Olympics

by Michael Owens, CNA

On November 3, 2010 the annual NA Olympics was held at Hawkeye Community College in Waterloo, Iowa. The event was open to all certified nursing aides. The Olympics bring together Nurse Aides from all over Iowa in order to compete in events related to nursing in a fun and relaxed atmosphere and provide an opportunity to network with others in the field.

This year competitors were asked to perform in several tasks. The main task was to ambulate a "patient," played by a partner, with a pillow between their legs to three stations. The stations consisted of hand washing and donning gloves station, a tooth brushing station, and a blind feeding station where the partner being the caregiver was blindfolded. The main event was timed with the lowest time winning, however it was not quite that simple because other events could either add or subtract from a team's time. The other events were a Tootsie roll toss, where an oversized tootsie roll was thrown at a group of bedpans arranged in a bowling pin triangle. The goal was to land the tootsie roll in a bedpan. The bedpans could have time additions or subtractions assigned to them as well as sillier things such as spin around twice and throw again. The third event, which in this writer's opinion was the best, was a bedpan toss, how many times have you wanted to throw a bedpan? Well this was your chance. Plastic fracture bedpans were thrown down a long hallway for distance. Teams were allowed four throws per person, each of the members best throws were added together to achieve a team total. The top teams received a time deduction from their main event time.

Gift cards were awarded as prizes to the teams. Lunch was also served during which participants were introduced to ICA who was the co-sponsor this year. Prizes from the "Why should I care" bear hunt were distributed as well as random drawing prizes from the college, as well as a recognition of CNA's and the job we do every day.

Victor Palmer, the coordinator wishes to thank ICA for their sponsorship as well as remind everyone that the event is entirely supported by donations of time, funds and items for prizes. Those individuals/companies wishing to donate may contact Victor Palmer at vpalmer@hawkeyecollege.edu or phone 800-670-4743 Ext. 1481 or 319-296-2329 Ext. 1481.

A great time was had by all. It is definitely a recommended event.

Congratulations to Laura Stein, CNA, and member of the ICA Direct Care Worker Leadership Council. She was selected as Southfield Wellness Community 2010 Employee of the Year. Thanks for your dedication.

ICA's Annual Meeting Captures 2010 Success

"My thanks to the Board of Directors, the Advisory Council, and the ICA Staff. Your support and the opportunities that you provided have allowed me to grow personally and professionally. I am proud to be associated with ICA and will always advocate and support the efforts of the Association to promote the profession of direct care. --Laura Schroeder, CNA

"Being a member of the Council since it started has been a wonderful experience, I feel that it has helped me to grow so much as a person, and to convey my feelings to others about the needs and hopes of Direct Care Workers, not just in Iowa but around the country. I look back at all the things that have happened in the last six years and I am astounded! I hope also that I can in some way continue to contribute to making the changes that are still needed and to make more people aware of the job that direct care staff do everyday. Thank you to all, you know I would do another six years if I could. --Cindy Ramer, CNA



My Eyes

What Have I Seen

by Renee Bernier, CNA

I have seen "excitement" when a resident gets company.
 I have seen "fear" when a resident is afraid of falling.
 I have seen "anger" when their mind has taken over.
 I have seen "disappointment" when they get a call "I can't come see you today."
 I have seen "happiness" when they get to enjoy the outdoors.
 I have seen "hunger" when they are looking for attention.
 I have seen "anxious" when they are strong enough to go home.
 I have seen "frustration" when their legs won't do what they want.
 I have seen "pride" when they can still handle their financial matters.
 I have seen "depression" when they feel no one cares.
 I have seen "withdrawal" when they just want to close their eyes.



"This year as always will be a challenging year for Iowa CareGivers Association but we are well prepared. We are blessed with an active and vocal board and direct care worker leadership council, an exceptionally dedicated and talented director and staff, and most of all, the cadre of committed direct care workers who are our reason for being."

--Betty Grandquist, Board Chair

Pictured at left is the 2011 Iowa CareGivers Association Executive Committee. From left to right: MaryAnn Young, Board Secretary; Betty Grandquist, Board Chair; Maribel Slinde, Board Vice Chair; Tom Carpenter, Treasurer.



Resources

A Palliative Care 2011 Collaborative

Save the Date: April 8

Featured Speakers: Dr. Erin Baldos, Dr. Jim Bell and Stephanie Anderson, Rosie Grover, Dr. Tim Ihrig, Dr. Phyllis M. Martin

Audience: MDs, DOs, nurses, social workers, spiritual care counselors, other healthcare professionals and caregivers.

CEU Opportunity: 6.5 Credits. Cost: \$50

Hosted by the Iowa Palliative Care Partnership: Mercy Medical Center, Iowa Health Home Care, Iowa Health Des Moines, Hospice of Central Iowa.

Better Choices/Better Health

If you suffer from depression, diabetes, chronic pain, heart disease, lung disease, arthritis, or other health conditions come join us and empower yourself!

You will learn to:

- Deal with anxiety, depression, and difficult emotions
- Exercise and eat healthier
- Manage pain and fatigue
- Communicate with your health provider and family
- Do the things you never thought you would do again!

For Workshop Dates:

Visit www.iowahealthylinks.org

To register contact:

Polk County Health Department

Jessica Sheets

jessica.sheets@polkcountyiowa.gov

515-323-5234

This is an evidence based program developed at Stanford University. It is a 6-week interactive workshop to learn how to self-manage your health.

ICA Board of Directors 2010

Betty Grandquist, Chair
Maribel Slinde, Vice Chair
Tom Carpenter, Treasurer
Mary Ann Young, Secretary

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Nancy Anderson
Dr. Robert Denson
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Website: www.iowacaregivers.org

New State Leadership Express Support for Direct Care Workers

Continued from page 1

inaugural address. We look forward to working with them to improve the jobs and lives of direct care workers and the quality of care you provide! To view the Lt. Governor's "Come Care With Me" experience in the Pender family home click on this link

http://www.iowacaregivers.org/videos/video_reynolds.php

The past issues of the HUB can be found on our website at www.iowacaregivers.org.



Lt. Governor Reynolds assists Rachel with breakfast during her "Come Care with Me" experience.

Thanks to Mid Iowa Health Foundation for the recent grant award to the Iowa CareGivers Association in the amount of \$25,000.

This newsletter is made possible in part by IDPH Contract #s 5881NW23 & 5881SN02, by grant award D1DHP20370 from the Health Resources and Services Administration, and by Northwest Area Foundation Grant # 10-G1934.

The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the U.S. Department of Health and Human Services, or the Health Resources and Services Administration; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

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

Iowa CareGivers Association 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.

much more...
information, and
for articles,
Look inside



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Direct Care Worker Resource
and Outreach Center
1211 Vine Street, Suite 1120
West Des Moines, Iowa 50265

Tax preparation checklist

Items you need to bring to the VITA site to have your tax returns prepared. Please bring these items for *all* the individuals—your spouse and dependents—who will be on your tax return.

- Proof of identification.
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration.
- Birth dates to be listed on the tax return.
- If you are married and filing a joint tax return, to file taxes electronically both spouses must be present to sign the required forms.
- Wage and earnings statement(s) Form 2-3, W-2G, 1099-R from all employers for all jobs during the past year.
- Proof of Social Security or Social Security Disability Income.
- Interest and dividend statements from banks (Forms 1099).
- A copy of last year's Federal and State returns if available.
- Bank Routing Number and Account Number for direct deposit of your tax return. These numbers can be found on your checks.
- Total paid for day care provider and the day care provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number).
- Rent receipts with name, address, and zip code of landlord, or proof of taxable value of home and amount of property taxes paid the previous year.



<http://www.PHInational.org/>

<http://www.IowaCareGivers.org/>



The Iowa Earn, Keep, Save MORE program is sponsored by PHI & the Iowa CareGivers Association. For more information, go to www.iowaeitc.org. Or contact Anurack at 515-283-0940 or at Anurack@ised.org.

FREE Tax Preparation and e-Filing!

Earn More.

You'll be amazed at how much money you can get back at tax time by claiming the state and federal Earned Income Tax Credit (EITC).

Below are the EITC income guidelines and credits that may be available to you:

Married Income Less Than	Single Income Less Than	Number of Children	Maximum Federal EITC
\$18,470	\$13,460	0	\$457
\$40,545	\$35,535	1	\$3,050
\$45,373	\$40,363	2	\$5,036
\$48,362	\$43,352	3 or more	\$5,666

Keep More.

Why pay someone to prepare your taxes? You have **two free ways** to keep more of your money at tax time:

1. You can go to a free Volunteer Income Tax Assistance (VITA) site. See the back of this brochure to find the location nearest you. When you go to a VITA site, be sure to list that you heard about the site from **Earn, Keep, Save MORE** when you complete your paperwork.
2. You can do your taxes for yourself on-line using I-CAN! E-File. Go to the **Earn, Keep, Save MORE** website (www.PHInational.org/taxes) and click on the I-CAN! E-File logo to get started.

Avoid the trap of getting a refund anticipation loan. When you use either of these free services, you'll get your money fast—usually within 10 to 14 days.



Save More.

There are opportunities to help you save more of the money that you earn. Several organizations that sponsor the free VITA sites also hold workshops to help with saving and planning for your financial future. Some also offer a special savings program that encourages people to save by matching every \$1.00 you save with up to \$3.00. Ask your tax advisor at your local VITA site for details about these programs.

What is a VITA site? VITA sites are locations in your community where families eligible for EITC can get their taxes done for free—from mid-January through April 15. .

Who prepares my taxes at a VITA site? IRS-certified volunteers are ready to help you prepare your basic tax return.

How long does it take to get my return? Your return can be mailed to you or deposited directly into your bank account, usually within 7–10 days with direct-deposit.

Do I need to make an appointment? Some VITA sites take appointments and others are walk-in.

Take the next step.

Starting in mid-January, to find a VITA site near you contact Anurack at the Iowans for Social and Economic Development at **515-283-0940**.

PHI Quality Care THROUGH Quality Jobs



The Iowa Earn, Keep, Save MORE program is sponsored by PHI & the Iowa CareGivers Association, made possible with a grant from the Northwest Area Foundation.
<http://www.PHInational.org/>
<http://www.iowacaregivers.org/>

For more information, go to: www.iowaeitc.org
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