

Enhancing the quality of care by providing education, recognition, advocacy, and research in support of those who work in the field of direct care.

**Delivering information to those at the center of quality care**

### Promoting Direct Care Made Easier with New Displays



**Anthony Wells, CNA, CHPNA, Iowa CareGivers Leadership Council, displays "new" exhibit board. See more on page 4.**



### Iowa CareGivers 2014 Statewide Annual Conference

Monday, September 8 and Tuesday, September 9, 2014

Join us as we celebrate the "Magical Moments" that exist between you and those you provide care and support for. [See more information on page 4.](#)

### "AT TIMES I'M LIVING PAYCHECK TO PAYCHECK."

**Fran Mancl, CNA, CNA Mentor, Stonehill Franciscan Services, Dubuque, IA**



"Every Direct Care Professional needs to be physically fit but even more so, financially fit. That can only happen if a person takes on the challenge. I'm glad I did. The Iowa Financial Fitness Challenge will help you discover what you know and what you need to learn about good financial management."

— **Fran Mancl, CNA, CNA Mentor**

Learn more about Fran's experience with the Financial Fitness Program and how you might get involved on [page 6 and 7.](#)



### HEAR FROM DIRECT CARE WORKERS

Who Now Have Health Insurance through the Marketplace.

**Cindy Ramer, Certified Nursing Assistant, Denver, IA**

Read about Cindy's success story and what you can do if you still need health insurance, [page 3.](#)

"I've been a Certified Nursing Assistant (CNA) for 21 years but there was so much knowledge I gained about Direct Support Professionals (DSPs) that I didn't know. I took the "Prepare to Care" class online. I would recommend "Prepare to Care" to any Direct Care/Support Professional. [For more on "Prepare to Care," see page 10.](#)



**Bridgett DeVos Certified Nursing Assistant**

## "A CALL TO LEADERSHIP"

There is still time to register for the upcoming June program.

[See page 5 for details.](#)

This newsletter is made possible in part by IDPH Contract #5884SN02.

### INSIDE:

- 2014 Legislative Update
- Leadership Log
- New Leadership Council Members
- From the Heart Recognition
- Poem by CNA, Renee Bernier
- Contributions
- "Celebrate Direct Caregivers Conference" — Sheldon

## CARE ABOUT YOUR PROFESSION AND QUALITY CARE? THEN STAY INFORMED!

If you are interested in receiving information about educational programs, topics in direct care, and other opportunities, sign up **NOW** with Iowa CareGivers. You can complete the form on our website at [www.iowacaregivers.org](http://www.iowacaregivers.org). You can also sign up by phone or request a form at 515.223.2805 or by email at [information@iowacaregivers.org](mailto:information@iowacaregivers.org).

## Tribute To A Nurse Who Recognizes Contributions of Direct Care Workers

Nurse's Week was recognized in May. I would like to extend my personal and belated thanks to the thousands of nurses who touch the lives of lowans in so many ways. Licensed nurses were my teachers and mentors when I worked as a nurse aide. They have touched my life and the lives of my loved ones. And, the past 22 years they have joined Iowa CareGivers in our advocacy and support of direct care workers.

The Des Moines Register recently saluted Iowa nurses, featuring three. "Elizabeth Johnson was thrust into a caregiving role at a young age after a tragic car accident in 2009 killed her mother and grandmother and left her brother and father with traumatic brain injuries." Those personal experiences resulted in a career change...from animal research to nursing. In her Register interview Elizabeth recounted a story about a Certified Nursing Assistant talking to her comatose brother, describing what she was going to do, how the day was going, and how handsome he looked. She said, "I had tears in my eyes watching her care for him because I realized she truly saw him for him and she wasn't just going through the motions."

And so, once more I am touched by a nurse whose tragic yet beautiful story also brought tears to my eyes! Thank You Elizabeth!  
*(Permission to share this story was provided by Elizabeth Johnson)*



*Di Findley, Executive Director,  
Iowa CareGivers*

## Looking back at the Iowa Legislature's 2014 session, and ahead to the 2015 session...and what you can do to help move our direct care worker initiative forward! *by Julie McMahan, Iowa CareGivers Consultant*

During the recent legislative session, several of you communicated with your legislators — telling your story including your pride in what you do, the challenges you face, and the support you need! It truly made a difference! Here are a couple of examples:

*"You don't know me personally, I work in a nursing home in your local area, as a Direct Care Worker for almost 33 years, I also belong to a group called Iowa Caregivers...I have always felt people really don't understand what goes on in a nursing home 'till they actually have to look for one for a loved one. ...I don't look at what I make an hour, but ... IF I can leave that day knowing that I made an impact in some one's life, that makes me feel good. We have to keep groups like Iowa Caregivers Alive because it is backbone, for help, resources, programs, conferences (that many of us look forward to)we are not begging, just asking to support our cause. — Renee Bernier*

### **RESPONSE FROM RENEE'S LEGISLATOR:**

*Thank you for your heartfelt letter. Please know I appreciate what you and our caregivers in northwest Iowa and across the state do for older lowans and others receiving services in our nursing facilities.*

*I also compliment you on how you approach your work, that little things are important in how you interact with residents and their families.*

*My name is Becky Johnson, I am a home health aide for Mitchell County. I am asking that you support establishing a "Home" for direct care worker issues within State Government. Please direct the Iowa Department of Public Health to establish an Iowa Workforce Center. We need increased funds to support the Direct Care Worker Initiative. As a Home Health Aide I really rely on them as a resource for issues and education that I can use in my profession. Thank you. — Becky Johnson, Osage, Ia*

### **RESPONSE FROM BECKY'S LEGISLATOR:**

*Thank you for reaching out to me on this issue. The Senate has been trying to help the direct care workforce for years and I know there is more to be done. I don't think people realize just how impactful you and your colleagues are until they need your services. And then it becomes very clear!*

**We need all of you to reach out to your legislators over the summer/early fall and "share your story"!** By doing so, the 2015 legislative session may hold even more success for direct care workers across Iowa!

When the 2014 session ended in early May, we can report that there continues to be support for direct care workers by many legislators. A budget that maintains funding for the Direct Care Worker Advisory Council and the Iowa CareGivers has been sent to the Governor. The budget will support efforts to ensure older lowans and children and adults with disabilities receive high quality care and service by direct care workers (DCW) when and where they need it!

## What's Next for Your Health Insurance Options?

### Hear from Direct Care Workers Who Got Health Insurance through the Marketplace

You heard from Tracy in the March Special Edition of The HUB. If you missed it, you can read her story on our website at: [www.iowacaregivers.org/advocacy/affordable-healthcare-marketplace.php](http://www.iowacaregivers.org/advocacy/affordable-healthcare-marketplace.php)

*"My husband and I had been without health insurance for 9 years...we now have a health insurance plan we can afford...and we can now go to the doctor when we need to." – Tracy Hoveland*



**Tracy Hoveland,**  
Certified Nursing Assistant,  
Mason City, IA

### HERE IS ANOTHER SUCCESS STORY FROM CINDY RAMER.

*"I have worked in direct care for over 26 years and have not had health insurance for many years until I was able to purchase health insurance on the Health Insurance Marketplace." – Cindy Ramer*



**Cindy Ramer,**  
Certified Nursing Assistant,  
Denver, IA

### "For One Direct Care Worker...It's Come Full Circle"

"I have worked in direct care for over 26 years and have not had health insurance for many years until I was able to purchase health insurance on the Health Insurance Marketplace. I am now enrolled in the Silver Plan and I have increased peace of mind that I now have health insurance. I was able to utilize the information in the Iowa CareGivers "...Guide to the Affordable Care Act and Health Insurance Marketplace" and did attend the Affordable Care Act training session offered by Iowa CareGivers. The website did present some challenges initially but I was able to complete the process. I also received reminders from the website and that encouraged me to set aside time to move forward to completion. I was able to do all of this on the website and did not need to call the 800# or speak to a navigator.

### IT DIDN'T END WITH ME

I currently work with clients receiving community supports. I was glad that I was able to assist one of my clients to enroll in the Iowa Health and Wellness Plan. It made me feel good to be able to help someone else to get health insurance and to give them some peace of mind."



*Cindy Ramer*

**Cindy Ramer,** Certified Nursing Assistant  
Denver, Iowa

Cindy is featured on the "Real People Real Stories" video sharing her painful story of being forced to file bankruptcy due to medical debt and losing her husband to a heart attack. You can view the video on our website at [www.iowacaregivers.org/advocacy/cindys-story.php](http://www.iowacaregivers.org/advocacy/cindys-story.php)

### NOVEMBER 15, 2014: NEXT OPEN ENROLLMENT FOR HEALTH INSURANCE THROUGH THE MARKETPLACE

- The 2015 Open Enrollment period will begin on November 15, 2014. The 2014 Open Enrollment period to get health insurance at the Health Insurance Marketplace has ended.
- For information about the ability to sign up for health insurance due to special events in your life, such as marriage or divorce, having a baby, moving to a different part of the state, etc., please go to [www.HealthCare.gov](http://www.HealthCare.gov) or call 1-800-318-2596.
- For information about the Iowa Health and Wellness Plan visit <https://dhsservices.iowa.gov/apsspssp/ssp.portal> or call 1-855-889-7985
- To receive a copy of "Your Guide to the Affordable Care Act and Health Insurance Marketplace," please visit our website at [www.iowacaregivers.org](http://www.iowacaregivers.org) or call our office at 515-223-2805. (Please note: the deadline dates listed in this Guide no longer apply, but the reference and guide information is still current and valuable.)

**Please welcome Adam Drawbaugh and Vicki Erickson to the Iowa CareGivers Direct Care Professional Leadership Council.**

Here is a little more about Adam:

**Title:** CNA

**Where I work:** UnityPoint Trinity Muscatine Hospital

**Accomplishments:** Serve as an Ambassador for Direct Care Workforce Initiative for Muscatine County and recently joined the Iowa CareGivers Direct Care Professional Leadership Council.

**My Family:** My mom lives in Rochester, Minnesota and works for Mayo Clinic. My brother lives in Meadow Vista, California and my father resides in Muscatine. They all have supported me in my career as a CNA by allowing me to take care of both of my grandparents.

**Interests:** Outside of my career, I volunteer with the Muscatine Search and Rescue and I'm an assistant scoutmaster for troop 114 in Boy Scouts.

**Favorite Vacation Spot:** My favorite vacation spot is Lake Tahoe California. This is where my brother lives.



**Adam Drawbaugh,**  
CNA, Muscatine, IA  
(representing SE Region)



**Vicki Erickson,**  
CNA, Atlantic, IA  
(representing SW Region)  
*Vicki was featured in a previous spotlight.*

**Promoting Direct Care Made Easier with New Displays** (continued from page 1)

At the January and April meetings of the Leadership Council, members received training on how to staff an exhibit table at various conferences and events to help promote the direct care profession and the programs and services of the Iowa CareGivers. They received helpful tips on how to prepare materials, how to staff their displays to receive the best response from participants, and how to create interest and opportunities with individuals and other organizations.

... So, if you are out and about at an event and see one of our council members with their Iowa CareGivers exhibit, make sure to go over and say hi, they'd be happy to meet and talk with you!

**It's Magic! You Create Magic Moments**

When you were younger, did you ever see someone do a magic trick and ask yourself, "How in the world did they do that?" I often wonder of caregivers, "How in the world did you do that?" How did you get someone who is typically noncompliant to complete brushing their teeth? How did you get that person who couldn't walk when they entered the facility to take another "first step?" How did you make that unhappy client smile? How do you put yourself out there every day emotionally, physically, and spiritually? How do you do it? It's Magic. You create "Magic Moments" every day you go to work. Let's celebrate those "Magic Moments" at our conference. Take a look on page 10 for "Save the Date" conference information. I know you won't want to miss it! See you September 8 and 9, 2014.

— Pam Biklen, Program Director

**THE LEADERSHIP LOG**

*What Have Direct Care Professional Leaders Been Up To?*

*I attended a strategic planning meeting of the Iowa CareGivers Board of Directors and Leadership Council.*

— Vicki Erickson

*I talked to my co-workers and others about health insurance.*

— Tracy Hoveland

*I shared materials on the Iowa CareGivers programs with new employees at work.*

— Kathy Leibold

*I attended the training from the Iowa Insurance Division on the ACA and the Health Insurance Marketplace.*

— Leslie Hayenga Adams

*I made a financial contribution to help support the work of Iowa CareGivers.*

— Vicky Garske

*I emailed my legislators about direct care issues.*

— Laura Stein

*I helped at the Regional Conference in Davenport.*

— Adam Drawbaugh

*I brought 2 of my co-workers with me to the "3 P's" Regional Conference in Fort Dodge.*

— Becky Johnson

*I mentored one of the new Leadership Council members.*

— Anthony Wells

*I wrote a poem for the "HUB" newsletter.*

— Renee Bernier

*I gave a short presentation and distributed information at a display at an event for direct care workers held at Northeast Iowa Community College.*

— Sherry Oswald

*I helped at the "3 P's" Regional Conference in Ottumwa.*

— Jeff Weinstock

*I talked to others about the benefits of a credentialing system.*

— Michael Owens

## “A Call to Leadership: Only 1 Program Remaining for 2014

**JUNE 17, 2014: DMACC-NEWTON CAMPUS, NEWTON, IA**

**“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 and receive tools to enhance the professional status and image of their profession, and develop various leadership and advocacy skills. The program is made possible by a contract with the Iowa Department of Public Health.



**You can register by** going to our website at [www.iowacaregivers.org](http://www.iowacaregivers.org), under Education, A Call to Leadership. You can also call us at 515.223.2805 or email us at [information@iowacaregivers.org](mailto:information@iowacaregivers.org).



## Congratulations to the 2014 Sheldon Leadership Graduates!

They attended the program in Sheldon on May 6, 2014. Pictured below, Sheldon Leadership Graduates included are direct care/support professionals from Hope Haven. The link to the full photo gallery is located at [www.iowacaregivers.org/education/leadership\\_program.php](http://www.iowacaregivers.org/education/leadership_program.php)



**2014 Sheldon Leadership Graduates**

## Interest Story

### “Of Common Bond”

*A Short Story of Bernie and Fred — By Bill Young*

I have known these two veterans for several years now. Precisely at 9:00 a.m. on a Saturday morning at the Hy-Vee store in Johnston, IA you will find Fred pushing Bernie in the door and into the restaurant area. They order breakfast and a hot cup of “jo.” The two seem to have a special air of dedication and respect for one another. Certainly enjoying their time together and chatting with friends. They are as regular on Saturday as the sunrise itself. If you were fortunate to know these two veterans, buddies, and neighbors of fifty years, there would develop a story of time, of sacrifice, of service, and of lifelong dedication to each other. Fred became a willing friend to help Bernie out, whenever it was needed, and yet, maybe not even waiting to be asked. Fred was there for his good friend and neighbor, Bernie.



**Bernie, Fred & Bill**

Bernie had been dealt a heavy hand in WWII, in Italy. He came home battered and torn, as too many veterans did, to live with the pain and sacrifice that could come with the serving of our country in the time of war. Over the time of knowing the two Patriots there developed a sense, that maybe Fred was needing Bernie as much as Bernie needed a helping hand. I don’t know, but, by just being around them, somehow, just makes one feel better from knowing them. Bernie has a very outgoing personality. He lives life with zest and optimism. He seems like a man that might never look back, always ahead. And Fred, always there to push him on. I have never met the wives of these two veterans, nor have I taken the time to hear of the sacrifice their wives endured during that time of war. But, I am sure that these two Patriots would have made it as gentle as possible for them.

We may never know what lies beneath the sorrow, the pain, and the sacrifice of our service men. But, what shines, from within Bernie and Fred, gives me confidence in knowing, “that they have become the best they could be, with whatever strength it takes, for long as it takes.”

I stopped and talked with them both this last Saturday morning, and Bernie relayed to me, “that he was notified that he was the last living GI drafted in Boone County, IA, during WWII.”

### A DEDICATION TO MY FRIENDS

**Government Issue / WWII Veterans**

**Bernard Nystrom, “Purple Heart Recipient” & Fred Sassatelli**

## “At Times I’m Living Paycheck to Paycheck”

*Many Direct Care Professionals like me may spend days and months, even years, striving to achieve physical fitness through completion of all kinds of body strengthening exercises and activities and following a diet plan. The challenge is to be physically fit and healthy.*

Today, I have achieved much of what I didn’t know and needed to learn so as to be physically fit and healthy. The challenge continues but I now have knowledge and skills I can put into practice. When I do, I have a stronger physical stamina to deal with the challenges and stress in my profession as a caregiver.

As a Direct Care Professional I face another real challenge, as do many of us in direct care. Even though I have a strong genuine passion and love for caregiving, and even though my motivation for staying in the field of direct care goes far beyond receiving that paycheck or trying to impress my supervisor and co-workers, I still need to make a living and pay my bills. Financial fitness is the challenge.

Even after 25 years as a Direct Care Professional, I have to be careful what and on whom I spend my money. The earned wages and benefits of a being Direct Care Professional, although appreciated, are nothing to brag about. Nor do they give me an upper middle-class status. At times I’m living paycheck to paycheck. Following a tight budget, needing to purchase that unexpected but much needed upgraded smart phone, paying the monthly utility bill and medical bill owed from my knee surgery, buying needed food and groceries, putting a few dollars into a savings account for that eventual dreaded rainy day, investing something in a retirement plan, experiencing the joy of donating some money to a favorite charity, and wanting to preserve the pleasure of owning my companion dog “Buddy” or enjoying a favorite restaurant meal with a friend, and so on, are all part of my financial challenge. How to I achieve financial fitness to accomplish all that?

Believe me when I say that I found a financial treasure that has helped me as a Direct Care Professional to work toward my financial fitness. Thanks to the Iowa Insurance Division, Iowa CareGivers, and Educated Investor, I just completed a FREE on-line training program that is focused on giving me financial education and a sense of financial well-being. That course was entitled, “The Basics of Personal Finance.” It was only my first learning plan but already proved helpful. Having to take a pre-test and then post-test after the training session helped me gauge whether or not I was learning.

The Iowa Financial Fitness Challenge training is a very simple and easy program to use. I loved that I was able to work in the privacy of my own home and at my own pace during the training. I also appreciated receiving gentle e-mail reminders every week on my training progress. There were no ads to read that tried to sell me something or entice me to buy some product or service. No interruptions made for focused learning.

What I valued most was completing a training program where my input was kept private and confidential. My ability to trust that the personal financial information I gave was secure and protected enabled me to focus on identifying my financial weaknesses (some of those stupid investments I made that were not in any budget) and challenging me to design and follow a budget so as to save a few more dollars for future needs.

Right at the beginning, one of the simple things was learning the difference between my personal “wants” and “needs”. I wanted the new patio canopy in my backyard but didn’t need it now. Unfortunately, I’m still paying off that debt. The real point though is that I wasn’t concerned that someone would learn my personal financial story and the degree to which I lacked financial fitness. The protected privacy of the training program allowed for trust and created for me a safe environment in which to learn and gain personal financial awareness.

Learning financial terminology was a benefit. Just clicking on an unfamiliar word in the presented text provided a quick definition. I used that feature more than I thought I would. I now know what cash “in-flow” and cash “out-flow” mean. Having been a Direct Care Professional for 25 years, I especially valued the information on retirement planning. Wow!



**Fran Mancl,**  
CNA, CNA Mentor,  
Stonehill Franciscan  
Services, Dubuque, IA

***“As a Direct Care Professional I face another real challenge, as do many of us in direct care. Even though I have a strong genuine passion and love for caregiving, and even though my motivation for staying in the field of direct care goes far beyond receiving that paycheck or trying to impress my supervisor and co-workers, I still need to make a living and pay my bills. Financial fitness is the challenge.”***

*– Fran Mancl*

The interactive calculators and worksheets provided allowed me to get realistic financial figures and feedback on what my retirement days would require to affordably live and enjoy the kind of retirement lifestyle I would like. I didn't like my calculated results. So, I made a change in the amount I'm contributing to my current 401K retirement account.

Most of us also need to use some line of credit. I have several credit cards but am fortunate to have had enough wisdom not to have excessive amounts that I owe. Even so, as a result of the training course on using credit wisely, I made an adjustment to my payment amounts based on the percent of interest I'm being charged. Every amount of savings counts. I intend to continue with future courses to increase my confidence in the management of my personal finances and my overall financial fitness. Although the training helped me develop a new financial budget that was more realistic and usable, I still need to focus on and learn more about debt management as well as making the most of my bi-weekly paycheck to cover my expenses.

Every Direct Care Professional needs to be physically fit but even more so, financially fit. That can only happen if a person takes on the challenge. I'm glad I did. The Iowa Financial Fitness Challenge will help you discover what you know and what you need to learn about good financial management. Again, one of the best things for me is that the financial training program is available free.



Respectfully submitted,

*Fran Mancl*

Fran Mancl, CNA, CNA Mentor

Stonehill Franciscan Services, Dubuque, IA / April 2014

## How Financially Fit Are You?

### Have You Taken the Financial Fitness Challenge Yet? **THERE IS STILL TIME!!**

The Iowa Financial Fitness Challenge is a highly effective on-line training program focused on financial education and well-being. This program is being offered, **FREE of charge**, to Iowans who work in direct care — thanks to the generous support of the Iowa Insurance Division, and in partnership with Iowa CareGivers, the Investor Protection Institute, and Educated Investor. If you are providing hands-on care to older Iowans, children or adults with disabilities, this program is for you! The Iowa Insurance Division expanded this program to make it available **at no charge to all employees** of health care providers that employ direct care workers.

The Financial Fitness Challenge was first offered under this partnership in February 2014 and Iowa CareGivers is pleased to announce that the program was an overwhelming success! 70% of graduates reported they have made or intend to make changes financially as a result of this program and 85% said they would recommend this program to co-workers, family, and friends.

Fran Mancl, a Direct Care Professional from Dubuque and a graduate of the February Financial Fitness Challenge, shares his experience in a related article. Be sure to check it out!

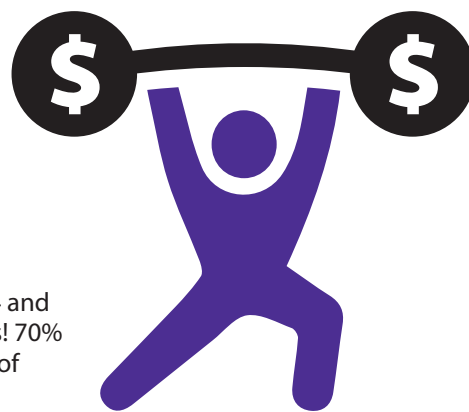
**CONGRATULATIONS** to those of you who participated in the February program or are currently enrolled in the Financial Fitness Challenge that began on May 12th! You have taken positive steps to increase your financial knowledge and to enhance your confidence in making financial decisions that affect you and your family.

### **FINANCIAL FITNESS CHALLENGE TO BE OFFERED AGAIN IN SEPTEMBER 2014!**

Due to the overwhelming success of this program and the growing interest in learning more about an array of financial topics, this program will be offered for 10 weeks beginning September 15th! If you are already participating in the Financial Fitness Challenge, you can still participate in September and select another learning plan.

**DIRECT CARE PROFESSIONALS AND HEALTH CARE EMPLOYERS!!!!** Enrollment information for the September program will be posted on the Iowa CareGivers website at: [www.iowacaregivers.org](http://www.iowacaregivers.org)

Learn more about the Financial Fitness Challenge at: <http://www.financialfitnesschallenge.com>





## FROM THE *Heart*

### Iowa CareGivers “From the Heart” Recognition

#### Julie McMahon Honored for Being a Champion for Direct Care

Julie Mason McMahon was honored with the Iowa CareGivers “From the Heart” recognition for her long time role as an advocate for those who work in direct care.

Upon accepting the recognition Julie said, “As a public health nurse...I have always respected...I have always respected the direct care workers who are part of the care team helping those we love stay in their homes and communities. As a society, we need to recognize the critical role direct care workers have in meeting the health care needs of our aging population.”

“...She is a friend to those in my chosen profession, and she understands the needs of Direct Care Professionals and how what we do translates to better care for the citizens of our state,” said Anthony C. Wells, CNA, CHPNA.

The recognition acknowledges organizations and individuals who have contributed their time and other resources to support the work and mission of the Iowa CareGivers.



**Front:** Lin Salasberry, Shirley Sorenson, Charlotte Nelson **Back:** Nancy Anderson, Julie McMahon, Maribel Slinde, John Hale

### Can't Have One Without the Other

*Can't have one without the other*

*You can't go fishing without bait*

*The world doesn't exist without love and hate.*

*Flowers can't grow without sunshine and rain*

*With any weight loss program you either lose or gain.*

*With any game someone has to win or lose*

*The glass is either half-full or half empty, it's whatever you choose.*

*Direct Caregivers are not here to take but to give*

*Which is not a request, it's simply how we choose to live.*

*— By Renee Bernier, CNA, Hartley, IA / April 30, 2014*

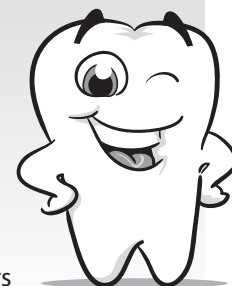
*Iowa CareGivers welcomes Julie McMahon to our team as a consultant.*

### Oral Health Education for Direct Caregivers

#### Delta Dental of Iowa Foundation Provides Grant to Support Oral Health for Older Iowans

The grant is a part of the Iowa CareGivers engagement in the “Access to Oral Health Care for Aging Iowans Coalition.” The Coalition is supported by the Delta Dental of Iowa Foundation and a collaborative partnership of eighteen health and human service organizations. The mission of the “Access to Oral Health Care for Aging Iowans Coalition” is to increase the access to oral health care for older frail Iowa adults. One of the strategies for improving oral care for older Iowans is to ensure that those on the front lines of care have the opportunity to receive high quality oral health education and skill training.

Those in direct care will be able to test new oral health competencies during the two-year project. Partners on the project include the Coalition; the Delta Dental of Iowa Foundation; the University of Iowa College of Dentistry; Iowa CareGivers; Des Moines Area Community College; Iowa Dental Hygienists’ Association; Iowa Health Care Association; Iowa Department of Public Health, and others.



**Tooth Wisdom is an online tool to connect and educate older adults and their caregivers to care. Learn more at [toothwisdom.org](http://toothwisdom.org).**





When direct care workers have been asked “What’s So Special About the Iowa CareGivers?” a common response has been... “Iowa CareGivers has our backs!”

We know that when we’ve got your backs that you can do what is important to you...provide the best care and support to the lowans you serve. You’ve counted on us. Can we count on you? You can help support the Iowa CareGivers by making a “Got Your Back” contribution.

*Your contribution may be tax deductible as prescribed by law. Donors will be listed in the Iowa CareGivers Annual Report and HUB newsletter unless otherwise instructed.*

**A HEARTFELT THANK YOU to all of the following for your generous support and special contributions.**

**In Memory**

- Jack Fee**  
*Elizabeth Fishler*
- Darlene Fishler**  
*Elizabeth Fishler*
- Harold Henderson**  
*Becky and Wes Groff*  
*Linda and Bruce Simonton*
- Jim Johnson**  
*Shirley Sorenson*
- Mr. and Mrs. Phil and Ruth King**  
*Sally Kling*
- Margaret Mancl**  
*Mr. Fran M. Mancl*
- Ed Pollak**  
*Linda and Bruce Simonton*
- David Pudas**  
*Linda and Bruce Simonton*
- Jimmy T. Stevens**  
*Di Findley*
- Jacob Addison Swearngin**  
*Di Findley*

**In Honor**

- Marie and Mike Doleski**  
*(who have given much of their lives to the care of their family)*  
*Kathy and Joel Olah*
- Di Findley**  
*Becky and Wes Groff*
- Betty Grimsman**  
*(Julie’s Mother)*  
*Tom and Julie McMahon*
- Charlotte Nelson**  
*Lori SchraderBachar*
- Wanda Schnurr**  
*Jeannette Roth*
- Carol Siple,**  
*Alzheimer’s Association*  
*Mr. Michael Splaine*
- Storm Hypnosis Center**  
*Sue LaPlante*

**Partners & Donors Contributing \$1,000 and Above**

- Claude H. Freeman
- David Hurd

**Partners & Donors Contributing Up to \$999**

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- Anonymous
- Anonymous
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- Rob and Pat Denson
- Kim Downs
- Di Findley
- Vicky Garske
- Betty Grandquist

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- Colleen D. and Robert W. Jolly
- Sandi Koll
- Keith and Charla Kudej
- Deanna Lehl
- Ivan and Marian Lyddon
- Charlotte Nelson
- D.J. and Owen J. Newlin
- Thomas and Rebecca Newton
- Don and Marilyn Paulson
- Maribel and Terry Slinde
- Shirley Sorenson
- Shirley M. and Roger F. Stetson
- Roberta Yoder
- Mary Ann and Bill Young

*Listed are contributions from the period 11/2/2013 to 5/20/2014*

**YES,** COUNT ME IN FOR A “GOT YOUR BACK” CONTRIBUTION

Name _____  Complete Home Mailing Address _____  City, State, Zip _____  County _____  Phone (home) _____  Phone (work) _____  <input type="checkbox"/> Please keep my contribution anonymous	Phone (cell) _____  Email Address _____ (Emails are not shared with others.)  Gift amount \$ _____  My gift is: <input type="checkbox"/> In Honor of <input type="checkbox"/> In Memory of Full name of Honoree or Memorial: _____  Mailing Address of Honoree or Family of Memorial: _____ _____
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## Considering a Career In Direct Care?

Begin Your Journey With The "Toughest Job You'll Ever Love"© Online Toolkit.  
Find this resource at [www.iowacaregivers.org/education/toughest\\_job.php](http://www.iowacaregivers.org/education/toughest_job.php)

- Hear From Those Who Have Chosen Direct Care As Their Profession
- Hear From Individuals Whose Lives Have Been Touched By A Direct Care Professional
- Take the Free Personality Profile To See If A Career in Direct Care Is A Good Fit.
- Download and Print Helpful Resources Such As Your Local Community Colleges.



## Prepare To Care

### Direct Care

**Professionals:** *There's a New Training Package Just for You! (continued from Page 1)*

"Prepare to Care" is Iowa's new direct and support training curriculum. Prepare to Care's flexible, consistent courses can prepare you for career options in community living, personal support, and health support. With Prepare to Care, you own your education, and you choose your career path! The training is becoming available statewide and is offered by trained instructors at community colleges or some employers. In addition, the introductory Core course is available online for free.



**Prepare to Care**  
Iowa's Direct Care and Support Curriculum

You can learn more on the Prepare to Care website at [www.iowapreparetocare.com](http://www.iowapreparetocare.com). There you can find links to information on the career pathways and course descriptions as well as how to find and enroll in a course. There is also a link provided to the online Core. If you have any questions, please email: [directcare@idph.iowa.gov](mailto:directcare@idph.iowa.gov).



**Magic Moments**  
Iowa CareGivers  
2014 Conference

*Save the Date!*

Monday, September 8  
and  
Tuesday, September 9, 2014



*An educational conference especially for Certified Nursing Assistants, 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, Family Caregivers and other direct care professionals.*

**Conference Location:**  
**The Meadows Events and Conference Center**  
Prairie Meadows | 1 Prairie Meadows Drive | Altoona, IA 50009

We hear stories from those of you who work in direct care, the people you serve, and their families about the "Magic Moments" that happen when one person cares about another. We know that "waving a magic wand" won't make the illness, pain, disability or disease that the individuals you serve have automatically go away, although we wish it could be that easy. And, things don't always "work like magic" in our caregiving careers.

But, it is in those moments of connecting with another human being that the "magic of caregiving" happens. "Magic Moments" appear when two people share a smile, a joke, a comforting touch, or someone eases the pain, provides comfort, or helps complete a necessary daily activity, or when they become a friend, a confidante, or "like family." Those are the "Magic Moments" that we celebrate at this conference.

Join us to develop your "magic touch" and learn how to "work your magic" to create more "Magic Moments" for you and the thousands of Iowans who benefit from your care and support every day.

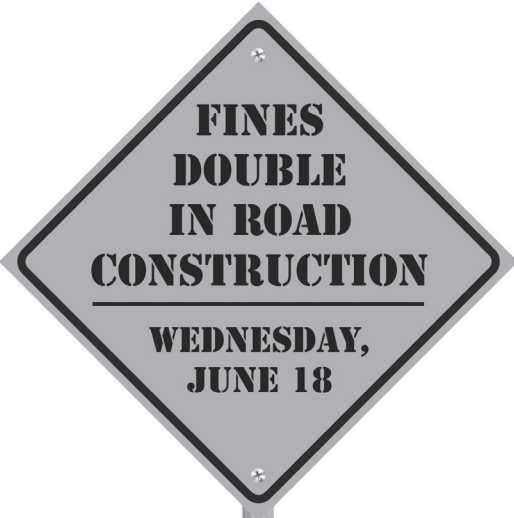
*Abracadabra and Presto Chango!!!*  
You are now invited to attend the Iowa CareGivers "Magic Moments" conference! Get out your magic wands, capes, magician hats, and other attire! **See you there.**

*Conference registration materials will be available in July.*

**LOOK FOR WORKSHOPS on these topics:**  
Mental Health, Self Care/Grief, Personal Health and Wellness, Oral Health, Tai Chi, Music Therapy, Aging Issues, ALS, Diabetes, Alzheimer's and Dementia, Ethics, Brain Injury, Conflict Resolution, and Many More.

14th Annual

## CELEBRATE DIRECT CAREGIVERS CONFERENCE




**10:00am–2:30pm**  
**Registration 9:30am**

**114–119 Building A,  
NCC Campus**

**\$25 Fee** includes snack, lunch, handouts, and individual gifts of appreciation  
**#39902**

**4.5 CEHs for Direct Caregivers**

To register, call (712) 324-5061 or 1-800-352-4907. Please register by June 13. Registration is limited. For more information contact Marilyn Stille, RN, Health Coordinator at NCC, [mrsstille@nwicc.edu](mailto:mrsstille@nwicc.edu). This conference is intended for Direct Caregivers.



Deadra Stanton, has been a teacher of Speech and Theatre for over 31 years. She will make you laugh until you cry. Her message of humor and inspiration has been enjoyed by thousands. As she shares her stories of "life lessons" keeping in mind that in today's healthcare industry, we need to be ready for any change in the road. The paths of meeting personal and professional needs are often bumpy and filled with obstacles. What we need to remember is we are all on this trip together and we must make sure to buckle up and be ready!

## Iowa CareGivers Board of Directors 2014 Meetings

### Iowa CareGivers Direct Care Professional Leadership Council

Next meeting, July 31, 2014

All meetings will be held at the Iowa CareGivers Office Conference Room.

Executive Committee Meeting	June 25, 2014
Board Meeting	July 16, 2014
Board Meeting/ Annual Meeting	October 2014 (TBD)

## Welcome, Bailey!

Hi, my name is Bailey Phares and I am the new Program and Data Management Assistant at Iowa CareGivers. I enjoy helping people and volunteering my time, which is how I got involved with Iowa CareGivers. I enter data for registrations, programs and new records. I help Iowa CareGivers get ready for their programs and conferences. I also compile surveys and evaluations from the programs and conferences.

I am 20 years old and currently studying at Grand View University. I am working towards a degree in Elementary Education with endorsement in Reading and Language Arts. While at Grand View, I work as a writing tutor, helping my classmates with their papers, finals, and projects.

I live in Mitchellville with my boyfriend and am lucky to have my family living three streets down. I enjoy reading, sewing, and DIY crafts. One of my favorite things to do is to bake something for someone I love; my specialty being cookies and cupcakes.



**Bailey Phares,**  
Program and Data Management Assistant

## Iowa CareGivers 20 Years Depicted in Conference Theme Quilt

Two years ago, Mary Oliver, Iowa CareGivers Board member made a beautiful quilt from conference theme t-shirts to commemorate the 20 year anniversary of the organization. Here she is pictured with her friend Kevin Purscell, a talented woodworker in his spare time, who crafted the lovely walnut quilt hanger seen in the photo.

The quilt is now on display at the Iowa CareGivers office. Thanks Mary, Kevin, and all who helped make this possible.



20 Year Anniversary Quilt



**Mary Oliver,** Iowa CareGivers Board and **Kevin Purscell**

## Iowa CareGivers Board of Directors 2014

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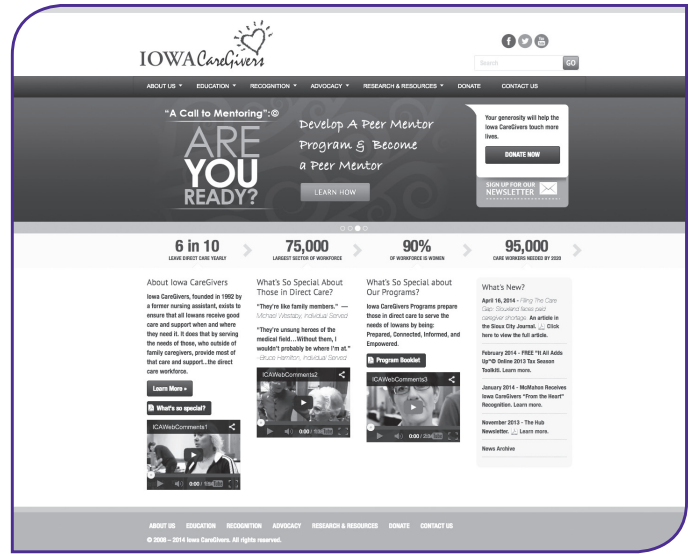
Email: [information@iowacaregivers.org](mailto:information@iowacaregivers.org)

Website: [www.iowacaregivers.org](http://www.iowacaregivers.org)

Visit us online!

If you haven't already, make sure that you check out our redesigned website at [www.iowacaregivers.org](http://www.iowacaregivers.org)

- More user-friendly format
- Homepage sliders to highlight and promote current programs and issues
- Videos from those who work in direct care
- More clearly outlined menu items
- Online registrations for programs
- Free Educational toolkits
- And much more....



Make sure to visit us on the web at: [www.iowacaregivers.org](http://www.iowacaregivers.org) and you can follow us on Facebook and Twitter



*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.*

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

NEW LETTER  
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