



**IHCA**  
IOWA HEALTH CARE ASSOCIATION



**ICAL**  
IOWA CENTER FOR ASSISTED LIVING

# Health Care Assistants



## The Heart of Quality Care **2013 Convention**

**June 19, 2013**

**Prairie Meadows Conference Center  
1 Prairie Meadows Dr.  
Altoona, IA**

# Health Care Assistants 2013 Convention

**A Professional Development Program to Acknowledge the Dedication of Health Care Assistants in Long Term and Post Acute Care.**

IHCA and ICAL in conjunction with the IA-NAHCA Committee is proud to present the first Annual Health Care Assistant Convention. The event was developed to provide recognition and professional development for certified nursing assistants, direct caregivers, and home health aides. The convention will consist of timely educational workshops and networking opportunities. The convention will be highly motivational and educational for all who attend. We hope you can join us!

## Schedule

**June 19, 2013**

- |            |  |
|------------|--|
| 8:30 a.m.  | <b>Registration</b> – Continental Breakfast  |
| 9:00 a.m.  | <b>Keeping Your Head above Water with Humor and Laughter</b><br>Speaker: Sally Shaver DuBois                           |
| 10:15 a.m. | Break  |
| 10:30 a.m. | <b>A Health Care Assistants Guide to Dependent Adult Abuse</b><br>Speaker: Lynn Boes                                   |
| 12:00 p.m. | <b>The Year of the Health Care Assistant Luncheon and Program</b>  |
| 1:30 p.m.  | <b>Stop and Watch! Identifying and Reporting Resident/Tenant Health Changes</b><br>Speaker: Brenda Irlbeck-Kreitzinger |
| 2:45 p.m.  | Break  |
| 3:00 p.m.  | <b>Taking the High Road of Life – Your Personal GPS to Triumph</b><br>Speaker: Lauren Schieffer                        |
| 4:15 p.m.  | Adjourn  |



## Health Care Assistants 2013 Convention

### Topic Descriptions

#### **Keeping Your Head above Water with Humor and Laughter**

Speaker: Sally Shaver DuBois

Finding a balance between a professional life and a personal life can be a challenge for any Health Care Assistant. Life is full of many ups, downs and distractions that can take your focus away from what is important. This funny and informative session will give practical information and techniques that can be used immediately to help Health Care Assistants enhance motivation, improve stress management, promote health and workplace wellness, and increase productivity and morale.

#### **A Health Care Assistants Guide to Dependent Adult Abuse**

Speaker: Lynn Boes

What is Dependent Adult Abuse? How do you recognize when someone has been abused? What are my responsibilities to report suspected abuse and who do I report it to? This session will provide Health Care Assistants with an overview of selected categories of dependent adult abuse including financial misappropriation (missing medications and other resident property), negligent denial of critical care, as well as, recent judicial decisions related to Iowa's dependent adult abuse laws.

#### **The Year of the Health Care Assistant Luncheon and Program**

This special luncheon will feature lots of surprises and prizes. There will be several guest speakers who will honor the participants and share with them why "Health Care Assistants are the Heart of Quality Care".

#### **Stop and Watch! Identifying and Reporting Resident/Tenant Health Changes**

Speaker: Brenda Irlbeck-Kreitzinger

Details.. details... details... Or are they just details? What you might think is unimportant or trivial could be a vital clue to a subtle change in a resident/tenant. Certified Nursing Assistants and Direct Caregivers work with our frail and elderly so closely that they are the key to identifying changes before they become an undesired health status setback. New tools will be unveiled to assist health care assistants to guide their thoughts and ability to put those thoughts into words. This session will show you how to develop your own detective skills and learn how to communicate what you find in order to make sure that residents/tenants get the best quality of care.

#### **Taking the High Road of Life – Your Personal GPS to Triumph**

Speaker: Lauren Schieffer

Are we there yet? Everyone travels a different path but most people long for success in their personal and professional lives. While everyone's journey through life is unique, there are certain guide posts that are identical on everyone's road. This humorous program highlights those road signs on everyone's life journey that are essential to success. Participants will learn how to stop wandering around and actually get where they want to be in life.

**Refer to the EDUCATION section of our website for speaker biography's**

# Health Care Assistants 2013 Convention

## June 19, 2013

**Prairie Meadows Conference Center**  
Altoona, IA

### Registration Information

**THIS EDUCATION IS OPEN TO CNAs, DIRECT CAREGIVERS, and HOME HEALTH AIDES ONLY**

**Registration fees\*:**    **Members:**                    **\$ 60 per person**  
                                 **Non-Members:**                **\$120 per person**

\* Fee includes access to handouts, certificate of completion, continental breakfast, lunch and breaks.

1. To register on line...go to [www.iowahealthcare.org](http://www.iowahealthcare.org) and click on the CNA and Direct Caregiver Education Conference.
2. Select Register online. If you have not previously created a personal profile, you will need to do so before you register (One profile per person).
3. Complete the online registration and click Submit. A registration confirmation will be e-mailed to you.
4. To register another person, click on LOGOUT and repeat this process.

**Cancellations/Refunds:** Refunds will only be granted to those who cancel their registration three business days prior to the date of the program listed. Cancellations after this date, no-shows due to weather, acts of God or illness, will be charged the full registration fee. The Iowa Health Care Association reserves the right to cancel any education program; in the event of such a cancellation, all fees will be refunded.

### Sleeping Room Information



**Prairie Meadows Hotel and Casino**  
**1 Prairie Meadows Dr.**  
**Altoona, IA**  
**(515) 957-3000**

Room Rates: **\$106** Single/Double + tax

To receive these special rates, please mention the Iowa Health Care Association Conference

Cut-off date: June 18, 2013 or until the room block is full