



VOP Spotlight: *Meet Lynzey Kenworthy*

Lynzey Kenworthy joined the Office of the State Long-Term Care Ombudsman as Legislative Liaison and Policy Coordinator in November, relishing the chance to use her legal and legislative skills in a public service setting.

For the past three years, Lynzey has been in private practice, focused on estate/probate law and lobbying for non-profit clients. Lynzey has also had the privilege of working for a state senator, former governor and other public servants over the years to help them advocate on behalf of Iowans. "I am excited to now be part of a team working in a very complicated, but rewarding, area of law and policy," Lynzey said of her move to the OSLTCO.

On a personal note, Lynzey grew up in Carlisle, Iowa, and graduated from Drake University Law School to pursue a career in law and politics. She realized early on that she didn't have to go to Washington to learn from and work with some of the nation's most talented policymakers and constituents.

Lynzey's husband is an attorney in the public sector and together they enjoy watching "nerdy" television shows like *The West Wing*, discussing new legislation, playing with their Jack Russell Terrier and raising their one-year-old daughter, whose hobbies include hiding remotes, giggling and feeding the dog her baby cookies.

To our volunteers, Lynzey says, "I feel very fortunate to work with such a committed group of advocates."





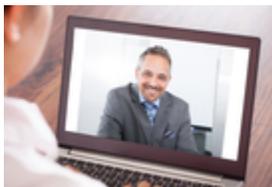
Volunteer Anniversaries

The following volunteers are celebrating their one-year anniversary in February:

- Theresa Baldus-Kokontis – Linn Manor Care Center (Marion)
- Barbara Buchanan – Living Center West (Cedar Rapids)
- Pat Kerr – Heritage Nursing & Rehab Center (Cedar Rapids)
- Andrea Lewerenz-Norris – Mercy Medical Center (Cedar Rapids)
- Nancy Schade – Hiawatha Care Center (Hiawatha)

The following volunteers have served with us for two years or more:

- Margo Jarosz – Meth Wick Health Center Community (Cedar Rapids)
- Judy Staack – All American Care; Lutheran Living (Muscatine)
- Jane Welch – Calvin Community (Des Moines)



Continuing Education Opportunities & Events

Statewide VOP Conference Call

Join AmeriCorps VISTA VOP Seygbai Kai, Local Long-Term Care Ombudsman for South-Central Iowa Melanie Kempf and your fellow Volunteer Ombudsmen for our VOP Statewide Conference call on Wednesday, March 16 at 2 p.m.

Melanie and Seygbai will discuss strategies for building and maintaining healthy relationships with staff, families and residents and will engage everyone in a discussion about your experiences.

All VOP Volunteers have the option to participate in-person or via phone. Check the March issue of *VOP Voice* for call-in information!

Managed Care Ombudsman Program

Many of you have expressed a desire to learn more information about the transition to Medicaid managed care and the Managed Care Ombudsman Program (MCOP). We will offer presentations from the MCOP at the upcoming Volunteer Appreciation Month seminars in April. If residents or facility staff approach you with questions or concerns about Medicaid managed care, please have them call



Monthly Reports Due

This is a friendly reminder that monthly reports for January should be submitted if you have not already done so. Contact your VOP Coordinator for technical assistance.



Trivia!

Are you a trivia buff? Try answering our monthly trivia question for a chance to win some great prizes!

Volunteers can submit answers via email to volunteerVOP@iowa.gov or by calling their VOP coordinator (one submission per volunteer, please). Volunteers who submit the correct answer to this month's question by Feb. 20 will be entered into a prize drawing for either one free hour of continuing education or a VOP swag bag.

This month's trivia question:

The 2010 U.S. Census found that ___ percent of Iowa's population is currently 60 years of age or older. By 2030, ___ percent of the

866.236.1430 to speak with the Managed Care Ombudsman.

2016 BrainWorks Annual Conference

The Alzheimer's Association will be hosting its Annual Conference on Alzheimer's & Other Dementias in Des Moines on April 19 and in Davenport on April 20. The day-long educational events are appropriate for professional caregivers, family caregivers, individuals in the early stages of Alzheimer's and those in the community wanting to learn more. [> Register](#)

The VOP offers limited scholarship opportunities for statewide and annual conferences that charge a registration fee, such as the BrainWorks Conference. Click [here](#) to apply for a Continuing Education Scholarship.

Webinar: Anxiety in Parkinson's

Last month, The Parkinson's Disease Foundation presented on coping with adverse symptoms of Parkinson's disease. [>View the recording](#)

Webinar: "Legal Remedies to Financial Exploitation of Property: Let's Get Grandpa's House Back"

This webinar provides an overview of elder financial exploitation related to fraudulent real estate transactions experienced by family members, prevention measures and strategies to successfully handle cases and recover assets. [>View the recording](#)



Possible Tax Deduction for Mileage

With tax season underway, we want to remind you that you may qualify for tax deductions for out-of-pocket expenses (e.g., gas expenses) related to your volunteer duties. Since the VOP is considered a "qualified organization" by the IRS, but does not currently reimburse volunteers for their mileage, your out-of-pocket expenses in service to our program may qualify as a charitable contribution for tax purposes.

IRS Publication 526 on Charitable Contributions states:

Although you cannot deduct the value of your services given to a qualified organization, you may be able to deduct some amounts you pay in giving services to a qualified organization. The amounts must be:

- *Unreimbursed;*
- *Directly connected with the services you performed;*
- *Expenses you had only because of the services you performed; and*
- *Not personal, living or family expenses.*

population in 88 of Iowa's 99 counties will be aged 65 or older. (Iowa Department on Aging)

1. 20/30
2. 10/30
3. 15/20
4. 20/20

Last month's trivia question:

The number of older adults with substance abuse problems is expected to double to ___ by 2020. (National Council on Aging, 2014)

1. 3 million
2. **5 million**
3. 6 million
4. 10 million

Congratulations to Susan Bartsch (Green Hills Health Center, Ames) for answering January's trivia question correctly! Susan has been serving with the VOP since June 2015.



Save the Date! Volunteer Appreciation Month Seminars

April is Volunteer Appreciation Month! To extend our thanks, the Volunteer Ombudsman Program will host several seminars across Iowa. This year's focus will be on networking with other volunteers as well as

Regarding car expenses, the publication states:

You can deduct as a charitable contribution any unreimbursed out-of-pocket expenses, such as the cost of gas and oil, directly related to the use of your car in giving services to a charitable organization. You cannot deduct general repair and maintenance expenses, depreciation, registration fees or the costs of tires or insurance. If you do not want to deduct your actual expenses, you can use a standard mileage rate of 14 cents a mile to figure your contribution. You can deduct parking fees and tolls whether you use your actual expenses or the standard mileage rate.

For more information or determine if your expenses qualify for a tax deduction, contact your tax preparer or consult [IRS Publication 526](#).

exploring subjects in health care, such as Medicaid managed care and Alzheimer's awareness. All events will begin at 10 a.m. and conclude no later than 3:30 p.m. The dates and locations are as follows:

- Thursday, April 7 – Orange City
- Tuesday, April 12 – Council Bluffs
- Wednesday, April 13 – Des Moines
- Tuesday, April 19 – Mason City
- Thursday, April 21 – Waterloo
- Tuesday, April 26 – North Liberty
- Thursday, April 28 – Davenport

The March issue of *VOP Voice* will include information about how to register for the session of your choice.