

October 2015

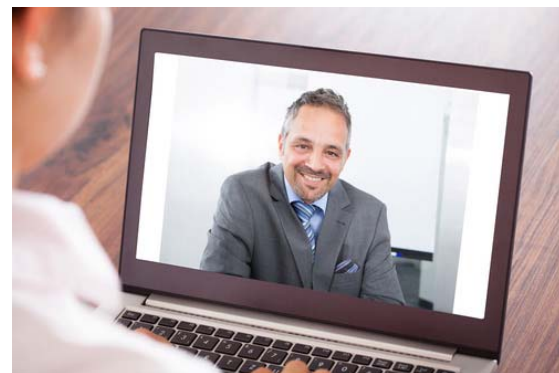


Spotlight: Meet Jennifer Golle

With a passion for making a difference in the everyday lives of individuals and collaborating with a variety of providers to best serve residents living in Iowa's long-term care facilities, Local Long-Term Care Ombudsman Jennifer Golle is happy to be a part of an organization that can impact policy development and systemic change at the local, state and national levels. > [Learn More](#)



Welcome Our Newest



Continuing Education:

Volunteer Ombudsmen!

- Elaine Cook, Solon Nursing Care Center (Solon)
- Lu Ann Frisch, Windmill Manor (Coralville)
- Theresa O'Brien, Davenport Lutheran Home (Davenport)
- Daria Shahriari, NewAldaya Lifescapes (Cedar Falls)



VOP 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 will be entered into a prize drawing. The correct answer will be featured in the following month's newsletter.

The prize for this month's trivia winner is either one free hour of continuing education OR a VOP swag bag.

This month's trivia question:

True or False: Residents in long-term care facilities have the right to participate in community activities, both inside and outside the facility.

Submit your answer by **Oct. 16** to be eligible for this month's prize drawing!

Last month's trivia question:

According to the National Council on Aging (2014), how often is an older adult treated in the emergency room for a fall?

- **Every 15 seconds**
- Every 30 seconds
- Every 60 seconds

Offerings & Opportunities

STATEWIDE VOP CONFERENCE CALLS:

If you missed the VOP Statewide Conference Call on Sept. 16, minutes of the meeting have been posted to the [VOP Communiques](#) page on the website.

The next VOP Statewide conference call will take place in November. Stay tuned for more information!

LECTURES:

University of Iowa 2015 Geriatric Lecture Series (offered online each month)

The University of Iowa Geriatric Lecture Series is presented online in a series of monthly lectures. The 2015 series, which is sponsored by the Iowa Geriatric Education Center and the University of Iowa Roy J. and Lucille A. Carver College of Medicine, is free and will focus on dementia. Each lecture can be viewed for one month and is accessible exclusively during the month it is scheduled beginning the first business day of each month.

To register for the series, email the Iowa Geriatric Education Center at geriatric-education@uiowa.edu with your name, discipline (e.g., nursing, medicine, social work), organization or facility name and your contact information, including your email address. Please allow at least one week to receive a response.

Upcoming topics:

- October - Cognitive Changes and Dementia in the Context of Parkinson's Disease

> [View the full schedule](#)

EVENTS & CONFERENCES:

GAIN Annual Conference

Nov. 6, 2015 (8:45 a.m. - 4 p.m.)
Iowa State Bar Association Headquarters
625 E Court Ave.
Des Moines, IA 50309

The Guardianship Association of Iowa Network (GAIN) is hosting its third annual conference. "Tough Decisions: Mental Health, Aging and Substitute Decision-Making in Iowa" will feature Iowa's leading experts and advocates to help attendees develop a better understanding of mental illness, Alzheimer's disease and the aging process; challenges related to serving this

- Every 90 seconds

Thank you to those who submitted answers to last month's question – the correct answer was 15 seconds. Congratulations to our winner, Jerry Hampton! Jerry serves at Lamoni Nursing & Rehab Center. He has been with the VOP since December 2014.



One-Year Anniversaries

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

- Peggy Johnson
- Diane Erickson



Monthly Reports Due Sept. 30

A friendly reminder that monthly reports are due on the last day of each month. If you have not already done so, please submit September's report as soon as possible. Online reports must be completed by Oct. 5.

Please contact your Volunteer Coordinator for any assistance.

Proclamation Signing with Gov. Branstad

In honor of Residents' Rights Month, we would love to have you join us to show the Governor our support for

population; and additional impacts these diagnoses have on the substitute decision-making process.

Space is limited; Volunteer Ombudsmen are encouraged to attend and can register at the discounted rate of \$25. If you are interested in applying for reimbursement to attend this event, please contact your VOP Coordinator.

> [Register](#)

2015 Respite: Care for Caregivers Conference

Nov. 10, 2015 (8:30 a.m. - 3:30 p.m.)
FFA Enrichment Center
1055 SW Prairie Trail Pkwy.
Ankeny, IA 50023

The Iowa Lifespan Respite Coalition is pleased to announce this special conference for caregivers. A variety of sessions focused on caregiver issues, guardianship and legal questions, respite resources and respite care in Iowa will provide attendees with the tools they need to support their loved ones and give them the best possible care.

There is no cost to attend this event.

> [Register](#)

ADDITIONAL RESOURCES:

Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers

The Substance Abuse and Mental Health Administration recently released a free toolkit to help senior centers integrate suicide prevention into their daily work. Suicide rates are especially high among older adults, but there are a number of ways to promote emotional health among the aging and help prevent suicide.

> [Download the toolkit](#)

OSLTCO Resource Library

Check out the new Resource Library on our website for important information relating to advocacy and residents' rights. Anything and everything found here – brochures, fact sheets, presentations, handbooks, etc. – can be counted towards your VOP continuing education requirement. Report time spent reviewing these materials to your VOP Coordinator.

> [Visit the Resource Library](#)

Consumer Voice celebrates Residents' Rights Month with creativity

In anticipation of Residents' Rights Month this year, Consumer Voice asked long-term care residents

the residents we serve, quality long-term care, and the Long-Term Care Ombudsman Program. Attendance is optional and there is no need to RSVP.

Date: Tuesday, Oct. 13, 2015

Time: 10:15 a.m. (Please arrive by 10 a.m.)

Where: State Capitol Building-Capitol Rotunda

Dress: Business Casual (Bring blue name lanyard)

Parking: [Click here to view visitor parking](#)

across the country to participate in its Resident's Voice Challenge by submitting essays, poems, artwork, drawings or videos related to the theme "CARE Matters." Residents and consumers were also asked to submit 40 words of wisdom to coincide with the celebration of Consumer Voice's 40th anniversary.

> [View the entries](#)



510 E 12th Street, Ste. 2 | Des Moines, IA 50319 | (866) 236-1430 | www.iowaaging.gov/VOP