



# 2017 Aging Services Coalition Annual Family Caregiver Conference

## *Stress Management For Caregivers*

**Thursday, September 14th 2017**

### What you will gain from attending this conference:

A great understanding of the role of stress's impact on the body

Tools to help manage stress through Mindfulness practice

### Keynote Speaker:



**Adam Lewis, LISW**

Adam Lewis, LISW, is an Associate Clinician through Turning Leaf Counseling in Mason City, Iowa. Before moving to Mason City, Adam worked in substance use treatment in inpatient and outpatient settings working with addiction in an interdisciplinary setting in St. Louis, MO. His social work training is through Saint Louis University and his professional interests include DBT (Dialectical Behavior Therapy), EMDR (Eye Movement Desensitization and Reprocessing) trauma therapy, parenting skills, and utilizing Mindfulness for stress and pain management. For self-care, Adam is a musician, baker, and animal lover, enjoying time in front of the piano, in the kitchen, and with his husband and 2 four-legged "kids," Patrick & Elke.

**Trinity Lutheran Church  
213 N Pennsylvania Ave  
Mason City, IA**

**Session 1:  
2:00-4:00**

**OR**

**Session 2:  
5:30-7:30**

**\$10 per person**

**Family caregivers register  
at 641-424-0678**

**Professionals register by  
Sep. 1st at  
[agingservicescoalition.com/  
register.shtml](http://agingservicescoalition.com/register.shtml)**

**Must pre-register to receive  
certificate of attendance or CEUs**

## **Educational Objectives**

1. Explore current research surrounding trauma and its impact on health
2. Understand the topic of vicarious trauma and its relevance to caregiving
3. Experience mindfulness practices and their role in helping to increase awareness of and learn to manage stress

### **Professionals must pre-register by September 1st to receive CEUs**

CEUs provided by ABCM Corporation Iowa Board of Nursing Provider #232.

Approved for 0.2 CEUs for Nursing, 2 contact hours for others. Prerequisite: RNs, LPNs, SWs, NHAs licensed in the state of Iowa. CNAs, Activity Directors/staff, ALF Managers in the state of Iowa.

**Event Sponsors:** ABCM Corporation • Caregiver's Support Group • Elderbridge Agency on Aging • First Citizens Bank  
• Hospice of North Iowa • IOOF Home & Community Therapy Center • Mercy Home Care • Philips Lifeline  
• Renee's Loving Care • Trinity Lutheran Church • Good Shepherd, Inc. • Prairie Ridge