

List of Recorded Events & Take 10's

At the beginning of the COVID-19 pandemic in 2020, all events at the Family Caregivers Center shifted to a virtual format. This gave us the opportunity to record events and post on YouTube so caregivers could be connected to trusted resources and information anytime of the day.

Below is a list of events and short talks we call Take 10's that have been recorded in the past year. To watch, visit Mercy Medical Center's YouTube page and click on playlists to find the Family Caregivers Center videos or click on the link below.



<https://www.youtube.com/playlist?list=PLnqZ1svqQdGR7zwKiLC78x705f6aXFJXv>

Education Sessions & Events

Together in Song Chorus Concert (11/15/2019)

Together in Song Chorus comprised of individuals living with chronic conditions, their care partners and volunteer singers perform American folk music for the fall 2019 concert.

Dementia with Dignity Q&A (1/18/2021, 2/5/2021, 2/15/2021)

Dementia– focused discussion with education provided and questions answered by author and founder of the DAWN Method, Judy Cornish.

Medicaid Q&A (2/16/2021)

Iowa Legal Aide Attorney, Lisa Gavin, provides general information about Medicaid in Iowa and answers caregiver questions.

Take 10's

Embracing Change You Didn't Want (7/8/2020)

Kathy Good, Center Director, and Abby Weirather, Center Manager, discuss how to embrace change you did not expect and did not want.



Self-Talk: The Story You Tell Yourself Matters (7/15/2020)

Abby Weirather, Center Manager, and Mary Tallett, Center Intern, discuss the concept of self-talk and how to change the story you tell yourself.

Mindfulness (9/3/2020)

Kathy Good, Center Director, and Abby Weirather, Center Manager, review what mindfulness is, how you can use it and what difference it might make in your life.

Take 10's (Continued)

Tapping for Caregivers (7/9/2020)

Sandy Holterhaus, RDN, LD, CYT with Collins Aerospace Rec Center, shares about the practice of tapping and how it can be beneficial for caregivers by releasing stress and negative emotions.

How to Live in the Present (9/24/2020)

Center Volunteer, Dawn Hysler, shares her caregiving story highlighting the importance of self-care. Learn tips and resources that have been helpful to Dawn allowing her to live in the present while caregiving.

Stretching (10/8/2020)

Brenda Cloud, Personal Trainor and Instructor with Collins Aerospace Rec Center, demonstrates and shares the daily benefits of stretching as a caregiver.

Dr. Tony Myers View on Holiday Celebrations & COVID-19 (11/5/2020)

Dr. Tony Myers, Vice President of System Quality, Risk and Medical Affairs at Mercy Medical Center, gives an update on COVID-19 and discusses the risks associated with celebrating the holidays in person this year

Influential Dementia Resources (12/18/2020)

Kathy Good, Center Director, and Abby Weirather, Center Manager, reflect on dementia resources and experts that have been the most influential in informing education provided at the Caregivers Center.

Comprehensive Guide (11/18/2021)

Center Volunteer, Laura Sagers, discusses why contingency planning is important for caregivers and how to plan ahead using the Center's Comprehensive Planning Guide.

Long Distance Caregiving (1/14/2021)

Center Volunteer, Lisa Paulos, shares her experience as a long distance caregiver for her father who lived with dementia. Lisa reflects on what she learned and what was most helpful to her.

Laugh Yoga (2/9/2021)

Laughter can relieve stress and promote your overall wellbeing. Learn from Center Volunteer, Dot Hinman, about the practice of laugh yoga and the benefits to you as a caregiver.

Levels of Care (2/9/2021)

Center Volunteer, Paula Burgmeier, describes the different levels of care in senior living communities and how to determine what is best in your situation.

When to Consider Moving into a Facility (2/9/2021)

Center Volunteer, Paula Burgmeier, shares tips for determining when your care receiver might need a higher level of care outside their home.

