

7th Annual Illinois & Iowa Quad City Family Caregiver Conference

INFORMATION AND ASSISTANCE FOR
BOTH ILLINOIS & IOWA CAREGIVERS



SATURDAY
MARCH 4, 2017
8 AM-NOON

Waterfront Convention Center
2021 State Street
Bettendorf, IA

No registration necessary.

SPEAKERS
EXHIBITORS
INFORMATION
REFRESHMENTS
FREE
FOR ILLINOIS & IOWA
CAREGIVERS

- Caregiver decisions are easier when you are well informed. Make the most of your time and energy with a variety of aging network professionals, serving both Illinois & Iowa, who can guide you through the maze of caregiving issues, products, services, information and resources.
- Save your back—learn safe chair transferring from St. Ambrose University Physical Therapy Students.
- Medicare Q&A table.
- Sign language interpreter during the speakers' presentations.

For more info, contact Peggy at

563-484-3147
1-855-410-6222



"I don't have time to take care of myself, do I?"

Cheryl True, MD, is a board-certified Family Physician, certified Wellcoaches Health and Wellness coach, CHIP facilitator (Complete Health Improvement Program), and a graduate of the T Colin Campbell Plant-Based Nutrition program. She focuses her work now in the field of Lifestyle Medicine. She is a graduate of Augustana College, received her medical degree at University of Iowa, and then specialized in Family Medicine thru Genesis Family Medical Center Residency Program. She will certify through the newly formed American Board of Lifestyle Medicine with their inaugural exam in October, and is excited to be a part of this growing field.

8-9	Registration
8-noon	Time with Exhibitors*
9-10	Speaker: Dr. Cheryl A. True, MD
10-10:30	Break (visit the Exhibitors)
10:30-11:30	Speaker: Jon Turnquist
11:30-Noon	Time with Exhibitors*

**Exhibitors are available during the entire morning from 8 to noon for your questions and conversation.*



"There's no place like home"; Home adaptations to enhance safety and independence.

Jon Turnquist, MOL, OTR/L, ATP, was trained as an occupational therapist in 1992 at St. Ambrose University. Prior to joining the faculty at St. Ambrose in 1999 he has worked with patients with a variety of neurological, cardiopulmonary, and orthopedic conditions within acute care, rehabilitation, long-term care and outpatient rehabilitation settings. He received a RESNA (Rehabilitation Engineering and Assistive Technology Society of North America) certificate as an Assistive Technology Professional in 2006 and completed a Masters Degree in Organizational Leadership in 2010. Mr. Turnquist teaches in the Occupational Therapy department and he is also the director of Jim's Place, the St. Ambrose AT (assistive technology) house training/demonstration and AT equipment lending center so individuals can experience how a house can be adapted to provide increased safety and independence through the use of AT.

Brought to you by the Quad City Caregiver Collaboration:



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