

Caregiver Training Camp at the 14th Annual Caregiver Conference



October
2025

Caregiving often begins with simple tasks such as errands, meals, or transportation. Over time, these responsibilities may grow to include medication management, medical appointments, and emotional support. The role can be both rewarding and demanding for families.

Meeting these challenges starts with understanding needs. This might involve learning about a diagnosis, adapting the home for safety, or building routines that make daily life easier. Even small steps—like pill organizers, bathroom grab bars, or keeping emergency contacts updated—can reduce stress for everyone involved. Learn more about caregiving from experts and other caregivers who have experience at the 14th Annual Caregiver Conference, hosted by Milestones AAA.

The event will be held Saturday, November 8, from 8 a.m. to noon at the Golden Leaf Banquet Center in Davenport. The event will feature hands-on skills tables, demonstrations, and opportunities to connect with experts and resources. Learn more at MilestonesAAA.org/CGC.

14th Annual Quad Cities
Caregiver Conference
Saturday
November 8
8am - Noon
Golden Leaf Ctr
2902 Kimberly Rd.
Davenport, IA



Friday, Oct 31

Word Scrambler

Unscramble the letters to form a common word.

Example: DRBAE

Answer: BREAD

1. KUPMPNI

2. HSGTO

3. THCIW

4. SEAEVL

5. PPAEL

6. CLAUDR

7. NCORYDNAC

7. CANDYCORN

6. DRACULA

5. APPLE

4. LEAVES

3. WITCH

2. GHOST

1. PUMPKIN

Answers:

Community Cafe Events

- **Bloomfield Legal Aid Presentation:** Oct 23rd 11:15a.m. Bloomfield Senior Center 109 E. Franklin St. Topic: Advance directives and power of attorney.
- **Albia Legal Aid Presentation:** Oct 7th, 10a.m., The Hub, 17 North Clinton, Albia. Topic: General Resources
- **Silver Steppers:** Line dancing every Tuesday from 9:00am to 11:00am. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Bingo every Thursday, 12 noon. Bloomfield Senior Center, 109 E. Franklin St, Bloomfield, IA.
- **Crafternoon:** First Thursday of each month. 1pm, Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.
- **Walking Club:** Every Wednesday at 10:30am. Free Methodist Church, 820 E. Penn. Ave. Ottumwa, IA.