

**FOR IMMEDIATE RELEASE**

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**“It’s Okay to Laugh” – Family Caregiving with Humor**

**Live Online Event August 25**

**Des Moines, Iowa (August 17, 2016) –** The Iowa Association of Area Agencies on Aging, AARP Iowa, and the Family Caregivers Center of Mercy – Cedar Rapids are teaming up to broadcast a live, online family caregiving event from Nashville, Tenn., featuring author and speaker Peter Rosenberger. Rosenberger, founder of Caregivers With Hope, will lead the free, interactive webinar titled ***“Unstuck: Lightening the Heart of the Family Caregiver with Humor,”***Thursday, August 25th from 6-7 p.m. CT.

Live, dinner and simulcast sessions of the event will be held at two locations in Iowa: at the AARP Iowa State Office in Des Moines and at the Family Caregivers Center in Cedar Rapids.

Register for ***“Unstuck: Lightening the Heart of the Family Caregiver with Humor”***featuring Peter Rosenberger with one of the options below:

To attend the dinner and simulcast at the Iowa State Office in Des Moines go to: <https://aarp.cvent.com/d/tvqmq7/1Q>

To attend the dinner and simulcast at the Family Caregivers Center of Mercy in Cedar Rapids call **319-221-8866** or go to: <http://www.mercycare.org/services/family-caregivers-center/>

To register to watch the online event from your home or office go to: <http://event.on24.com/wcc/r/1179029/3EC5E878926A548CBF039A051F522010?partnerref=state-email_IA-register_webinar-lighten_caregiver_heart_humor>

Participants will learn how to lighten their heart, rediscover their identity and find a safe emotional path – with a healthy dose of Peter’s outrageous humor and candor.

“After more than 30 years on the path as a family caregiver for my wife Gracie – including 78 operations, the amputation of both her legs, 60 doctors in 12 hospitals and $9 million medical bills – I’ve learned: it’s okay to laugh,” Rosenberg said.

The webinar, which is part of AARP’s nationwide educational series on family caregiving, is open to participants nationwide and is being simulcast at AARP partner agencies around the country.

Jim Cushing, Executive Director – Iowa Association of Area Agencies said, “The Area Agencies on Aging are pleased to partner with AARP Iowa and the Family Caregivers Center of Mercy – Cedar Rapids on this event. Having been a caregiver since the age of 17, I know a little humor can be beneficial and supportive on the caregiver journey.”

Iowans can obtain caregiver information and support through LifeLong Links™ -- Iowa’s Aging and Disability Resource Center at 866-468-7887 or [www.lifelonglinks.org](http://www.lifelonglinks.org). LifeLong Links, staffed by the Area Agencies on Aging, has Options Counselors/Caregiver Specialists in 15 locations to support caregivers in all of Iowa’s 99 counties.

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*The* ***Iowa Association of Area Agencies on Aging*** *(i4a) is a non-profit trade association made up of six Area Agencies on Aging (AAA) in Iowa which serve six planning and service areas. The Association assists members in achieving their goal of delivering a comprehensive, coordinated, and cost-effective system of long-term living and community support services that help individuals maintain health and independence in their homes and communities. Additional information about i4a can be found on the website* [*www.i4a.org*](http://www.i4a.org)*.*