

# Caring Matters

Summer  
2009

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

## WHAT IS CHANGING?



THERE HAVE BEEN MANY CHANGES since we published the last edition of "Caring Matters." A new President occupies the White House. Winter has changed to summer. The economy has worsened, putting strains on federal, state and local budgets. These are rocky times. It seems that every day brings troubling news and we awaken to learn of failures with the auto industry, or the airlines, or the banking system. We worry about what

will happen next, or wonder about how bad things may become.

HOW IS THIS BAD NEWS going to affect the IHSS program? At the time this article was written it was not possible to know. The state budget is being revised, a special election will occur and the County of Sacramento Board of Supervisors must decide how to overcome the challenges created by an almost \$200 million dollar deficit.

THERE ARE FEWER SOCIAL WORKERS at the IHSS program offices. Many of you have contacted the Social Worker of the Day because your former caseworker is no longer assigned to IHSS. THERE ARE FEWER STAFF at the IHSS PUBLIC AUTHORITY to help solve problems or provide information. FAMILY SERVICE WORKERS are working to make sure your daily needs are met.

THERE MAY BE MORE CHANGES based on decisions that will be made in the next month. Social worker staffing levels may continue to decline. There have been proposals for a change to caregiver wages.

RUMORS CREATE NEEDLESS WORRY, ANXIETY AND STRESS. Turn to the reliable sources for information. Caregivers can get accurate information from their union representatives. SEIU-UHW representatives may be reached at (916) 326-5850 or at [www.seiu.uhw.org](http://www.seiu.uhw.org). IHSS Consumers can stay updated by talking to their IHSS Social Worker.

GO ONLINE TO the IHSS Public Authority website at [sacihsspa.net](http://sacihsspa.net). We will post updates as decisions are made and as information is made available by the federal, state and local governments.



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# Caregiver

## CORE CLASS GRADUATION 2009

Amy Bradberry

Veronica Chenoweth

Antonia Hinojosa

Carolyn Rose



Delores Simmons

Geanine Trout

Raisa Tsyatska

Diannia Walker

Graduates not pictured: John Campbell, Anna Cherkez, Alice F. Davis, Erica Flagg, Geraldine Gawellek, Ashok Humar and Tena Robinson

### HATS OFF TO OUR GRADUATES !!!!

On April 1, the Public Authority hosted the 3<sup>rd</sup> Annual Core Class Graduation ceremony for the Class of 2009. Family, friends and consumers watched as each graduate stepped forward to receive their certificates from Public Authority Executive Director Bernadette Lynch and Eskaton Senior Connection Director, Terry McPeck, R.N. (pictured above left). Attendees enjoyed light snacks while mingling in the beautifully decorated room and waited to take part in the raffle for gift baskets. Each graduate was happy to win a prize, but all agreed that that biggest winners of the evening were Sacramento IHSS consumers ~ who will benefit from the training and education of their caregivers!

### WILL YOU JOIN US FOR GRADUATION NEXT YEAR?

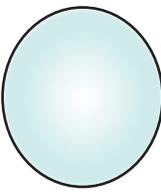
To become a Core graduate you must complete at least one class in each of the six Core Class Categories. Those are safety, mobility, nutrition, medication management, personal care and community resources. These Core classes are identified by a picture of an apple next to them on the class schedule. All classes are free and most will be held at the Adult Services Building.

**We hope to see you at the core classes and that YOU will be in next year's graduating class!**



*Antonia Hinojosa and Family*

# Matters



ADVOCATE FOR

SUPPORT GROUPS

by *Mary-Ann Cowan*

*JEAN DENSON*



It was a beautiful Friday morning when we met with Jean Denson, a dedicated caregiver who is not afraid to ask for help. She was a member of the Caregiver Support Group. We wanted to gain Jean's perspective on what value she gained from attending support group meetings. Jean is a wonderful, caring, intelligent person who has devoted most of her life caring for her mother for whom Jean has a deep love, respect and admiration. Jean learned of the Caregiver Support Group and decided to join. She remained active in it for the next five years.

Jean said, "I developed a sense of family with members from the support group. I gained a lot of clarity on issues." Jean enjoyed the interaction and group dynamics; it helped her deal with stress and increased her coping skills. Jean remarked, "Everyone who is caring for a child or adult with a disability would benefit from a support group."

There is no cost to attend the support group. Some members attend intermittently, while others come on a more regular basis. Registration is not required.

The South Area Support Group meets on the first and third Friday of every month from 1:00 p.m-2:30 p.m. The location is the Martin Luther King Jr. Library, 7340 24th Street Bypass, Sacramento, CA, 95822.

## HOW TO AVOID CAREGIVER BURNOUT

by *Marshay Hunter*

**Vicarious trauma can be a natural reaction when you are around people who are in crisis or who have lots of problems and concerns. Caregivers may develop vicarious trauma when they care for someone who has substantial health concerns or who has just experienced some type of crisis.**

**Effective strategies for maintaining the well being of service providers:**

- **Physical** - Eat Healthy, Adequate Rest, Dancing, Walking, Jogging
- **Psychological** - Reading, Self-Reflection, Journaling, Smiling, Trying New Activities
- **Emotional** - Cry, Laugh, Visit Friends, Visit Family, Praise Yourself
- **Workplace** - Set Boundaries, Take Breaks, Vacation, Create Quiet Time, Peer Support

# Consumer

## NUTRITION NEWS FOR SENIORS

by Debra Kahan

**A**s we age, our relationship to food changes along with our bodies. In later life, however, eating well can be the key to staying mentally sharp, emotionally balanced and energetic. Eating a well balanced diet helps build a strong immune system and enhances the possibility of a positive outlook on life.

Light and nutritious meals are both pleasing to the senses and supply sufficient calories from a wide variety of foods. The key is to eat moderate portions. Nutrient-dense meals of vegetables, whole grains, and fruit supplies vitamins, minerals, fiber, protein, complex carbohydrates and unsaturated fats for a healthier you. Many meals can be simple to prepare, are appealing to the eye and easy on the palate.

Healthy eating is an opportunity to expand the range of choices with flavorful meals that will help you look forward to mealtimes. Maintaining a healthy diet can yield numerous benefits, and an emphasis on good nutrition can generate an improvement in your quality of life, mobility, and emotional well-being.

*Here is a healthy recipe to use during the hot summer. A great tip is to cook your pasta in the cool of the morning. The salad can chill in your refrigerator during the heat of the day. There will be a nice, cool dinner waiting for you when the day is the hottest!*

### PASTA SALAD WITH TUNA

#### Ingredients:

**1 can water-packed tuna**

**3 cups uncooked pasta (you can use elbow macaroni or shells or corkscrew)**

**3 stalks celery**

**1 small onion**

**2 cups frozen peas (thawed)**

Cook the pasta according to package directions. Drain. Chop the onion and the celery then mix it with the tuna.

#### Make the dressing:

**¾ cup Light Miracle Whip or Light Mayonnaise**

**½ cup plain yogurt**

**1 tbsp vinegar (either apple cider or plain white)**

**Pepper to taste**

Mix the dressing ingredients together. Add the dressing to the tuna and mix well. Combine the pasta and the tuna mixture. Rinse and drain the peas. Add to the tuna and pasta mixture. Stir to mix all together. Chill before serving.

Makes four servings.



# Matters

## STAY COOL WHEN IT'S HOT

by Debra Larson

### 10 Ways to Beat the Summer Heat

We all know to be careful in Sacramento's scorching summer weather, but did you know that heat can be deadly? Over 400 people in the United States die every year from heat-related causes and over half of those victims are 65 or older.

The elderly, people with some kinds of chronic illnesses and those taking certain medications are much more at risk for heat-illnesses because their bodies are less efficient in reacting to the heat. When there is a long, extended heat wave it becomes even harder to stay healthy because prolonged exposure to the heat takes a toll on our bodies by compromising its ability to cool itself. There are lots of things that can be done to stay safe and enjoy the summer. Here are ten of them:

1. Limit your exposure to outdoor and indoor heat.
2. Take a cool shower or bath.
3. Don't run appliances when it's hot.
  - a. No oven ~ eat light, healthy food that doesn't need to be cooked.
  - b. No dryer ~ use the dryer and dishwasher after the heat of the day is over.
  - c. No light bulbs ~ turn off lights because they create heat.
4. Use wet, cool towels around your face and neck.
5. Keep a misting spray bottle with cool water nearby to cool off.
6. Dress in light fabrics like cotton.
7. Spend time in air-conditioned buildings like malls, libraries, museums, and senior centers.
8. Plan outdoor activities for the cool of the morning and evening.
9. Keep curtains, shades and blinds drawn during the daytime.
10. If you have to go outdoors, stay in shaded areas near trees or water.

#### **NEED HELP WITH ENERGY BILLS????**

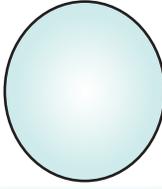
Don't let the cost of keeping your home cool make you hot under the collar. Here are some important phone numbers for energy assistance.

**HEAP**, financial assistance (916) 567-5200

**Salvation Army**, financial assistance (916) 442-0303

**CARE**, PG&E Discount Program (866)743-2273

**SMUD** Energy Assistance Program Rate (EAPR) (888)742-7683



# Health

## THE BEST WAY TO TREAT PRESSURE SORES IS PREVENTION!

by Terry McPeck, RN  
Eskaton Senior Connection

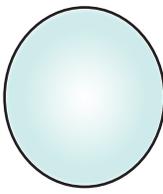
The largest organ in the body is one that many people don't think of as an organ at all – your skin! Skin care is especially important to those who are bed-bound because their skin is under more stress than most. Those who are bed-bound must be regularly turned for comfort and to protect against pressure sores.

Our skin is nourished by tiny blood vessels which deliver fresh blood, containing oxygen and nutrients to the tissues. Deprived of those necessities, the skin tissues begin to die. A pressure sore, also known as a decubitus (de-kyu-bi-tus) ulcer or “bed sore” can begin with something as simple as a skin tear or a red area on the skin. As we age, the skin becomes thinner and loses fat beneath the upper layer, increasing the risk of developing these lesions, which result from unrelieved pressure on the skin. But age is not the only factor - anyone who is unable to move around in bed easily is at risk of developing these painful sores.

*There are several ways to reduce the risk of developing pressure sores:*

- **Positioning:** Use pillows and foam padding to keep limbs and body in place. Transition to a new position at least every two hours. If the person can sit in a chair, the position should be changed hourly. Positioning should always be done to reduce pressure over the bony points on the body such as hip bones, tailbone, shoulder blades and heels.
- **Reduce friction on skin:** Even soft sheets can cause friction when rubbing over the same area repeatedly. Watch heels and the tips of the toes for sheet friction and “tent” the sheet over the feet if necessary. When turning a bed bound person you can use a lift sheet to prevent “dragging” the body over bedding.
- **Inspect and protect skin:** Check the person's skin for tears or red areas. Think of a pressure sore as an “iceberg.” While you can see the “tip” of the iceberg (a small red area) the affected area is actually much larger, beneath the underlying layers of skin. Never rub directly on a red patch or pressure sore – the goal is to increase circulation to surrounding tissues to promote healing. If a red mark is present after relieving pressure from the area for more than a few hours, call your health care provider for advice.
- **Hydration and Nutrition:** While it is important for any client to receive proper nutrition and fluids, it is particularly the case with anyone recuperating from a bed sore.

*\*\*\*As previously stated, a persistent red mark is a cause for concern as is any broken skin that does not heal quickly. Seek immediate medical care if you detect signs of infection, fever, drainage or an odor or increased heat and redness in the surrounding skin.*



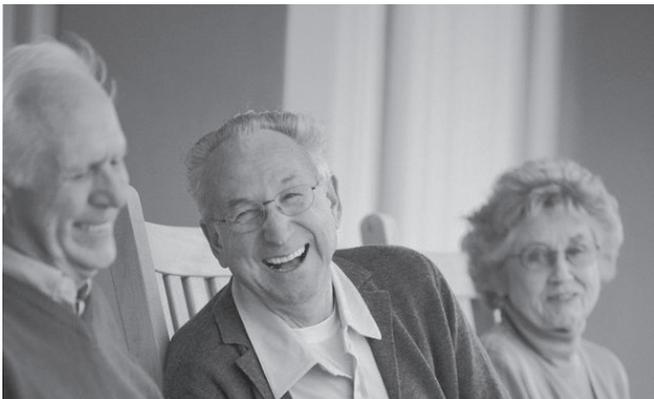
## TOOTH TALK

by Debra Larson

**Getting older changes everything**, even the way that we have to take care of our teeth. Many of the diseases that affect us and some of the medicine that we take for our illnesses can affect our oral health. Those who have a disability or medical condition are at even greater risk for oral problems.

Only 22% of older persons are covered by private dental insurance. Most dental expenses for the elderly are paid out of pocket.

**Oral health affects the general health for seniors and the disabled.** Dental problems can prevent us from eating a healthy and nutritious diet due to the pain of chewing or difficulty in swallowing. Of course, if we can't eat nutritiously, then we are at increased risk for illness associated with nutritional disorders. Oral problems may also lead to difficulty in speaking or alter speech patterns.



Of adults aged 65 and older, 7% report having tooth pain at least twice in the last six months.

**Dental disease and oral problems can make us sick.** Our mouths are the sites for diseases and infections that can become bloodborne or be taken into our lungs; therefore, it's very important to maintain good dental health and hygiene. Our mouths are also a place where germs and bacteria can get into our body and cause oral infections.

In 1993, one-third of noninstitutionalized adults aged 65 and over reported having lost all their natural teeth

**Caring for teeth, and helping others care for theirs, is easier than you think!** If you have real teeth, brush them in the morning and at night. Regular manual toothbrushes may be difficult to use for people with physical limitations, but toothbrushes can be adapted. Build up the handle to make it easier to hold by wrapping it with a washcloth, aluminum foil or a sponge hair roller.

**For partial tooth loss or total tooth loss:** Clean dentures and partials daily. Be careful when handling these devices; they can break if dropped in a hard sink. Use a denture brush or toothbrush.

**For those with Alzheimer's:** Soon after diagnosis, consult with your dentist. As the disease progresses both the ability to care for your teeth and to cooperate with dental care providers will decline. It may become difficult to talk about problems or dental pain. Caregivers will need special training to provide daily oral care and to screen for dental disease.

# Connection

## SNAP- Supplemental Nutritional Assistance Program

By Debra Larson

IS THE HIGH COST OF GROCERIES GETTING YOU DOWN?  
YOU MAY BE ELIGIBLE FOR HELP!



The program that used to be called “Food Stamps” is changing and will soon have a new name – SNAP. That stands for Supplemental Nutritional Assistance Program.

***More than the name is changing; the way you can buy groceries is changing too!*** If you qualify, you will receive a plastic card that is used like an ATM card. Each month, money is added to your card. It doesn’t take extra time when you check out and nobody will know the difference between a SNAP card and an ATM card.

***It’s even easier to qualify if you are over sixty or disabled.*** You can own your own home and a car. You can have up to \$3,000 in your bank account or in cash.

***It’s easier to apply!*** You can have someone else apply on your behalf; you might not need to attend an in-person interview. You can obtain an application by mail and mail it in.

***Would you like some help to apply?***

The following resources can be helpful

Call the California SNAP Hotline at (877) 847-FOOD

You can learn where to apply for benefits

Contact the Sacramento Hunger Coalition at (916) 447-7063 extension 335

Learn more online at [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp)

This website, operated by the US Department of Food and Agriculture, answers many questions about eligibility for benefits. You can even download an application

Call the Senior Legal Hotline if you have been wrongly denied benefits

## SENIOR LEGAL HOTLINE

If you are over 60 in California, you can get free advice over the phone from the Senior Legal Hotline about food assistance or any other legal issue. Call (916) 551-2140 in Sacramento or (800) 222-1753 toll-free in California, Mon.-Fri. 9-12 and 1-4 and until 7pm on weekends. You can also submit your question by email to their website at [www.seniorlegalhotline.org](http://www.seniorlegalhotline.org).

# Matters

## GETTING TO KNOW YOU...

*Bari Schlesinger*

*by Ron Meier and  
Mary-Ann Cowan*



This month's featured Public Authority Advisory Committee member is Bari Schlesinger.

When we spoke with Bari we were completely captivated by her joy of life attitude, razor sharp mind and impressive intellect.

Bari is currently employed as an Associate Governmental Program Analyst with the state of California Department of Rehabilitation and has been with the department for over 17 years. She told us she heard of the Advisory Committee when reading the newsletter. Her interests were peaked because, *"I have used IHSS Caregivers in my life every day since my teen years."*

When asked what would she tell others about the Committee that might interest them in participating she said, *"I wanted to have a voice in letting the Committee know what I have encountered as a consumer of IHSS services and bring my unique experiences to the table to educate others who could learn from my observations and involvement in this area. Make them understand that you have good days and bad days, and be able to ask for sufficient hours to take care of yourself so that you are covered when you have bad days....You won't have all good days."* She wants people to know caregivers make it possible for her to remain as independent as possible.

## ADVISORY COMMITTEE CORNER

### ***"A Day on the Beach"***

*By Denise Blockmon*

The 17th annual "Day on the Beach" on Cowell's Beach, Santa Cruz, California will be held Saturday, July 18, 2009, from 12 noon until 5 pm.

This event creates an opportunity for those who, due to their disabilities, might never have dreamed of participating in ocean sports such as kayaking, outrigger canoeing, scuba diving, water floatation, or using beach wheelchairs. The event serves more than 200 persons with disabilities, plus their caregivers, friends, families. Over 1,000 people are expected at this spectacular beach party—and it's all free.

Volunteers place about 160 plywood sheets on frames over the sand to enable those with mobility issues to participate in the activities. Participants range in age from 4 to 85 years young, and come from across California and the USA to attend.

This annual event is sponsored by Shared Adventures, a Santa Cruz-based non-profit organization dedicated to improving the quality of life of people living with disabilities. They offer opportunities for social and recreational interaction for disabled people.

For those with special needs, pre-registration is required. Participants can register online at: [www.dayonthebeach.org](http://www.dayonthebeach.org)

For more information, to volunteer or to make a donation, please call the Shared Adventures at (831) 459-7210 or see website at [www.sharedadventures.org](http://www.sharedadventures.org).

# Education

## HELPING TO CONSERVE WATER

The Sacramento Valley has been experiencing a water shortage for the past 3 years. If this continues Sacramento communities will have to impose water restriction ordinances.



For more information on water conservation you can call the “Be Smart Water Hotline” 1-888-WTR-TIPS. If you call the hotline, they will direct callers to their proper water district and there the callers can get updated information on conservation measures.

The Drought Urban Water Conservation Council <http://www.cuwcc.org> also provides the latest information on drought and water shortage issues in California.

### HELP ALLEVIATE THE PROBLEM:

- *Take shorter showers*
- *Check faucets and pipes for leaks*
- *Water during the early parts of the day; avoid watering when it's windy and don't water when it's raining*
- *Don't run the hose while washing your car*
- *Use a broom, not a hose, to clean driveways and sidewalks*
- *Replace your old toilet, the largest water user inside your home*

*DID YOU KNOW????.....*

*Even if your caregiver was not hired from the Registry, you still have a right to know whether they have a criminal history. Call the IHSS Public Authority Caregiver Registry at (916) 874-4411 to learn more!!*

### **NEED A CAREGIVER?????**

*The IHSS Public Authority Caregiver Registry can help. We can provide you with a list of caregivers available for employment in your area. All of our caregivers have cleared a criminal background check, received orientation training, provided job references and been personally interviewed by Registry Specialists. Request your list by calling (916) 876-4411.*

# Matters

## EXERCISING THE BRAIN

by Ron Meier

**W**e all know how important exercise is for the human body. Physical exercise affects our emotions, our spirit, our health and outlook on life. The brain is the quarterback for all the actions we undertake. It is wise to exercise our brain just as we do our bodies. It has been shown in experiments that the brain can learn new things in old age and even change the way it functions. In experiments at Harvard Medical School, scientists have shown that “Mental practice resulted in a reorganization of the brain.” So, then mentally practicing a golf swing, or a forward pass or other forms of mental training could have the power to change the physical structure of the brain. It appears our brain is not fixed in its capacity by adulthood. It has the capacity to change its function at any age. What can we do to make sure our brain is getting sufficient exercise?

Numerous studies show that better-educated people have less risk of Alzheimer’s disease. In a Case Western Reserve study of 550 people, those more mentally and physically active in middle-age were three times less likely to later get the mind-robbing disease.

Increased intellectual activity during adulthood was especially protective. Examples included reading, doing crossword puzzles, playing or learning a new musical instrument, painting, playing cards, and playing



computer games.

Psychologist James Blumenthal also points out the long-term importance of exercise for brain function. “We know that in general, exercise improves the heart’s ability to pump blood more effectively, as well as increases the blood’s oxygen-carrying capacity,” he says. “It is thought that one of the reasons why the elderly – especially those with coronary artery disease or hypertension – tend to suffer some degree of cognitive decline is in part due to a reduction in blood flow to the brain.”

Doing both physical exercises and brain exercises is the best combination to keep our brain healthy. Even if you cannot do physical exercise, you certainly can do brain exercises such as puzzles, reading and playing card games. Pop open that book and start reading again!

Source Quotes: Webteam@fi.edu

## BRAIN TEASER

Find out what the animals are! (for example, “To run away or escape” could be a “flea”)

1. hair-control foam
2. very exposed
3. tellin’ falsities
4. a lamenting cry
5. a dull person
6. a precious or loved one
7. first you get a parking ticket, then you get this
8. these make up a chain

**Answers:** 1. Moose (Mousse) 2. Bear (Bare) 3. Lion (Lyn’) 4. Whale (Wall) 5. Boar (Bore) 6. Deer (Dear) 7. Toad (Towed) 8. Lynx (Links)

# Learning

## CLASS SCHEDULE

### July 2009 Classes

<b>HIV/Aids Overview-</b> The myths and facts about HIV/AIDS, the needs of those affected, caregiving precautions and available resources.	7/01/09	Wed.	5:30-7:30pm
	Dr. Guillermo Acuna, CARES		
<b>Chronic Pain Management-</b> Topics include pain indexes, current treatments, medications and alternative therapies.	7/08/09	Wed.	5:30-7:30pm
	Penney Cowan, Chronic Pain Ass.		
<b>***Points for Providing Personal Care-</b> Helpful tips for mouth care, bathing, feeding, dressing and grooming 	7/13/09	Mon.	5:30-7:30pm
	Terry McPeek, Eskaton 		
<b>Wheelchair Maintenance-</b> Learn more about wheelchair safety and maintenance.	7/15/09	Wed.	5:30-7:30pm
	Rafael Gutierrez, Wheelchair Center		
<b>Sleep Disturbances-</b> Learn more about what causes sleep problems and learn tools to help alleviate these problems.	7/22/09	Wed.	5:30-7:30pm
	Ann Hatfield, Geriatric Network		
<b>APS Reporting &amp; Fraud Abuse Reporting-</b> Become skilled at understanding when and why to make mandatory reports. Learn more about what happens after a report is made.	7/29/09	Wed.	5:30-7:30pm
	IHSS Fraud Department		

### August 2009 Classes

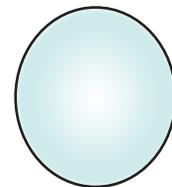
<b>Conservatorships, Trusts &amp; Future Planning-</b> Legal information and useful options for planning for dependant adult care.	8/05/09	Wed.	5:30-7:30pm
	Michael Pierce, Attorney		
<b>Foot Care: Prevention and Treatment-</b> Feet are important! Learn more about common foot problems and treatments.	8/12/09	Wed.	5:30-7:30pm
	Dr. Karen Romines		
<b>An Overview on Mental Health-</b> Information about Depression, Bipolar and Anxiety and Schizophrenia.	8/19/09	Wed.	5:30-7:30pm
	Dr. Cameron Carter, UCDMC		
<b>Home Safety and Universal Precautions-</b> Stay safe on the job and injury free by applying these tips and hints.	8/25/09	Tues.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Grief and Bereavement-</b> Phases of grief, normal reactions and tools when we are "stuck" in the grieving process.	8/26/09	Wed.	5:30-7:30pm
	Tonya Edelman, Senior Peer Counseling		

### September 2009 Classes

<b>Community Resources to the Rescue!</b> - Learn about county programs that can be of help to caregivers and consumers.	9/08/09	Tues.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Understanding Alzheimer's and Dementia-</b> Overcome difficulties in caring for consumers with cognitive difficulties.	9/15/09	Tues.	5:30-7:30pm
	Denise Davis, Alzheimer's Assoc.		
<b>Family Caregiver Orientation-</b> How to prepare for reassessments, payroll issues, caregiving skills, advice and tips about the IHSS program.	9/22/09	Tues.	5:30-7:30pm
	IHSS Public Authority Staff		



# Matters



## October 2009 Classes

<b>How Alta Regional Can Assist Caregivers-</b> Learn to access and use Alta's services to benefit your consumer.	10/07/09	Wed.	5:30-7:30pm
	Patti Diamond-Locke, Alta		
<b>How to Talk to Your Doctor-</b> Help your consumer manage medical appointments and medication.	10/28/09	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

## November 2009 Classes

<b>Managing Chronic Pain-</b> Topics include pain indexes, current treatments, medications and alternative therapies.	11/04/09	Wed.	5:30-7:30pm
	Penney Cowan, Chronic Pain Ass.		
<b>Nutrition for the IHSS Consumer-</b> Learn shopping and eating tips to support good health.	11/17/09	Tues.	5:30-7:30pm
	IHSS Public Authority Staff 		

## December 2009 Classes

<b>Smile: Tips and Tricks about Dental Care-</b> Discover the link between dental health and overall health.	12/02/09	Wed.	5:30-7:30pm
	Robert Gillis, DDS		
<b>Mobility and Fall Prevention-</b> Learn about physical changes that can lead to falls and how to prevent accidental falls in the home.	12/08/09	Tues.	5:30-7:30pm
	IHSS Public Authority Staff 		

Unless otherwise noted, *All Classes* will be held at the

Adult Services Building at 4875 Broadway Conference Rm 1A & 1B Sacramento, CA 95820

**WATT** Senior and Adult Services Building, 6045 Watt Avenue, North Highlands, CA 95660

## South Area Support Group

### Upcoming Dates

July 17, 2009  
 August 7, 2009  
 August 21, 2009  
 September 4, 2009  
 September 18, 2009

**CAREGIVERS!** Relieve Stress and join us at the South Area Support Group.

When: 1<sup>st</sup> and 3<sup>rd</sup> Friday (no holidays)

Time: 1:00 p.m - 2:30 p.m.

Where: Martin Luther King Jr.  
 Library, 7340 24<sup>th</sup> Street  
 Bypass, Sacramento, CA, 95822

### Upcoming Dates

October 2, 2009  
 October 16, 2009  
 November 6, 2009  
 November 20, 2009  
 December 4, 2009  
 December 18, 2009

# Training Matters

## PROFESSIONALISM- WHAT EVERY CAREGIVER NEEDS TO KNOW

*by Ron Meier*



The Public Authority has started a new class for current and/or potential caregivers. It is named “What Every Caregiver Needs to Know” and is designed to train caregivers on how to strengthen the working relationship between caregiver and consumer. The intent of the class is to help caregivers learn techniques that foster professionalism, help them understand the role and responsibilities of a caregiver, improve their communication skills and personal conduct and to recognize the importance of maintaining confidentiality

that will lead to developing longer term working relationships with the consumers who employ them.

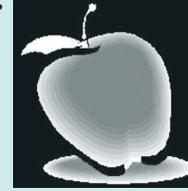
The class is offered monthly and is part of a series of free classes offered by the Public Authority and is open to those who wish to improve their skills. If interested please call 916-874-4411 and register for the next class.

## *What is a Core Class?*



There are six (6) categories of core classes:

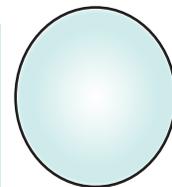
- Safety • Mobility • Nutrition
- Medication Management • Personal Care
- Community Resources



Core classes provide information about basic caregiving skills. When IHSS caregivers have taken at least one class in each of the six categories, they are recognized at the Caregiver’s Core Class Graduation. There are many classes available that fall into a core class category and at least one core class is offered every month. Look for the apple next to classes listed on the IHSS Public Authority class schedule to identify which of the classes is a core class. Registry specialists emphasize the importance of core class graduation to consumers who need to hire caregivers.

✓ Please check the classes you would like to attend.

# Registration

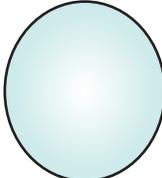


July 2009				
HIV/Aids Overview		7-01-09	Wed.	5:30pm - 7:00pm
Chronic Pain Management		7-8-09	Wed.	5:30pm - 7:00pm
Points for Providing Personal Care (6045 Watt Av, North Highlands)	<input type="checkbox"/>	7-13-09	Mon.	5:30pm - 7:30pm
Wheelchair Maintenance		7-15-09	Wed.	5:30pm - 7:30pm
Sleep Disturbances		7-22-09	Wed.	5:30pm - 7:30pm
APS Reporting & Fraud Abuse Reporting		7-29-09	Wed.	5:30pm - 7:30pm
August 2009				
Conservatorships, Trusts & Future Planning		8-5-09	Wed.	5:30pm - 7:30pm
Foot Care: Prevention and Treatment		8-12-09	Wed.	5:30pm - 7:30pm
An Overview on Mental Health		8-19-09	Wed..	5:30pm - 7:30pm
Home Safety and Universal Precautions	<input type="checkbox"/>	8-25-09	Tues.	5:30pm - 7:30pm
Grief and Bereavement		8-26-09	Wed.	5:30pm - 7:30pm
September 2009				
Community Resources to the Rescue!	<input type="checkbox"/>	9-8-09	Tues.	5:30pm - 7:30pm
Understanding Alzheimer's and Dementia		9-15-09	Tues.	5:30pm - 7:30pm
Family Caregiver Orientation		9-22-09	Tues.	5:30pm - 7:30pm
October 2009				
How Alta Regional Can Assist Caregivers		10-7-09	Wed.	5:30pm - 7:30pm
How to Talk to Your Doctor	<input type="checkbox"/>	10-28-09	Wed.	5:30pm - 7:30pm
November 2009				
Managing Chronic Pain		11-4-09	Wed.	5:30pm - 7:30pm
Nutrition for the IHSS Consumer	<input type="checkbox"/>	11-17-09	Tues	5:30pm - 7:30pm
December 2009				
Smile: Tips and Tricks about Dental Care		12-2-09	Wed.	5:30pm - 7:30pm
Mobility and Fall Prevention	<input type="checkbox"/>	12-8-09	Tues.	5:30pm - 7:30pm

**To enroll in classes, complete and return the Education Registration Form.  
 If you hear about a class and have not had time to register for the class, please feel free to show up at the class and sign your name clearly on the class sign-in sheet.  
 For more information about our caregiver classes, please call: (916) 876-5173.**

PLEASE FILL OUT ENTIRE PAGE AND FAX OR MAIL TO THE ADDRESS ON THIS FORM	
<b>Name:</b>	Please Print Clearly!
<b>Address:</b>	
<b>City, State, Zip:</b>	
<b>Phone #:</b>	<i>Complete ENTIRE page and fax or mail it to the address below. Enrollment is limited. You will receive confirmation. The last 6 numbers of your social security number are required to verify eligibility.</i>
<b>E:mail:</b>	
<b>Last 6 of SSN:</b>	
	XXX-____-_____

3700 Branch Center Rd. Ste. A ❖ Sacramento, CA 95827 ❖ Fax: (916) 875-0946  
 Training line- (916) 876-5173



Sacramento County  
 IHSS Public Authority  
 3700 Branch Center Road, Suite A  
 Sacramento, CA 95827

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 (916) 874-9471

IHSS Caregiver  
 Registry  
 (916) 874-4411

IHSS Caregiver-  
 Consumer  
 Education  
 (916) 876-5173

IHSS Payroll  
 (916) 874-9805

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# Did you know?

**T**he IHSS Public Authority and the IHSS Program provide different services. Every day callers become frustrated because they are unsure about which agency to call about their questions. This confusion is understandable, because not everyone is aware that the two agencies do different things. Here is information that will help you decide who to call about your specific concern:

***THE IHSS PUBLIC AUTHORITY OFFERS THE FOLLOWING***  
***Caregiver Registry - (916) 874-4411*** Provide Orientation & Screening for Registry Caregivers; Provides Criminal Background Checks of Caregivers for IHSS Consumers  
 Helps Consumers find Caregivers

***Education & Training – (916) 876-5173*** Provides learning opportunities for IHSS consumers and caregivers; Publishes a newsletter; Provides public education about IHSS services and eligibility rules.

***Caregiver Benefits – (916) 876-5174*** Information and assistance about health and dental benefits.

***Resource assistance and problem resolution – (916) 874-2888***

***THE IHSS PROGRAM PROVIDES THE FOLLOWING***

***Broadway Office (916) 874-9471***  
***Watt Office (916) 874-4201***  
***Rancho Cordova (916) 876-8615***

***Intake and Screening of people needing in-home services - (916) 874-9471***

***IHSS Social Workers – Assessment of people needing services and reassessment of needs – (916) 874 - 9471***

***Payroll Services – (916) 874- 9805*** Adding and Removing Caregivers; Timesheet Processing; Employment Verification

***Fraud Investigation – (916) 874-3836***