

Caring Matters

Winter/Spring 2010

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

PROVIDER ENROLLMENT BEGINS

In October of 2009, the IHSS Public Authority assumed the responsibility to enroll all Sacramento caregivers and assure that all Sacramento caregivers meet new enrollment standards required by changes to state law. If calls to the Public Authority are any indication, there is a lot of confusion about the new enrollment requirements.

Here are answers to your most frequently asked questions!

I've been a caregiver for many years. Do I have to re-enroll?

Yes! All providers must comply with the new state provider enrollment standards.

What is my deadline to complete the enrollment process?

If you have never provided care before you must complete the entire process before you can be paid by IHSS.

If you were paid as a care provider, even if only for a short time, before November 1, 2009, then you must complete the entire process before June 30, 2010. Don't wait until the last minute!

What are all the steps I must take to enroll?

- 1) Enrollment Form
 - Complete IHSS Program Provider Enrollment Form (SOC 426)
- 2) Background Check
 - Complete a Department of Justice (DOJ) Background Check
- 3) Participate in Orientation
 - Schedule a time at the IHSS Public Authority
 - Review the materials on our website (www.sacihsspa.net)

NOTE: NEW PROVIDERS MUST ATTEND IN PERSON
- 4) Sign the Provider Enrollment Agreement (SOC 846)
- 5) Provide work eligibility documents (originals only) to IHSS Public Authority staff
 - Unexpired government issued picture ID and original Social Security Card

What is the quickest and easiest way to enroll?

Visit the IHSS Public Authority website at www.sacihsspa.net and click on the link for "New Requirements for Provider Enrollment." You will find updated information and answers to your frequently asked questions as well as all of the forms that you will need to enroll according to the new state standards. You can also schedule an appointment with the IHSS Public Authority by calling (916) 875-5788.



Inside

Caregiver Recognition /
Keeping Resolutions

Page 2

Farewell- Bernadette Lynch
& Bert Bettis

Page 3

Elder Financial Abuse/
Corrie's Corner

Page 4

Hiring Registry Caregivers/
Income Tax Updates

Page 5

So These Are The Blues?

Page 6

Warning Signs of Senior
Suicide / IHSS Task Force

Page 7

Senior Center Without Walls/
50+ Wellness Program

Page 8

IHSS Advisory Committee

Page 9

Disaster Preparedness

Page 10

Library Resources/
Educator Bios

Page 11

Class Schedule/Bonnie Apple

Page 12-13

Meet a Caregiver

Page 14

Class Registration Form

Page 15

Subscribe to Caremail

Back Page



Caregiver

NOVEMBER 2009 NATIONAL CAREGIVER'S MONTH RECOGNITION



Front row (left to right): Elena Cabrera, Venancia Chenoweth, Ana Mois, Remy Guess, Melissa Kinley, Supervisor Susan Peters, Antonia Hinojosa, Kristen Lyall Back row: Valeriy Zhuk, Denise Blockman

On November 3, 2009 Sacramento County caregivers were recognized for National Caregiver Month by Supervisor Susan Peters who is seen here presenting caregiver Melissa Kinley with a resolution honoring the work of all caregivers.

Special recognition went to caregivers Ana Mois, Antonia Hinojosa, and Valeriy Zhuk for their hard work and dedication to their consumer. A special thanks to Shield Healthcare, Save Mart and the IHSS Advisory Committee members for their generous donations to the event.



Keeping Your New Year's Resolutions

Is there anything about winter that we don't want to change? The weather is chilly and rainy. Our homes seem cold and dark. Every day the mirror reminds us of all of the good food that we indulged in between Thanksgiving and New Years. We just want to change everything! At least 88% of us will make New Year's resolutions, but 100% of us will quickly learn how hard they are to keep. Here are five tips for successfully making, and keeping, your commitments to change:

- 1) Set Realistic Goals:** Choose a resolution that challenges you, but isn't unobtainable. We might not ever complete a marathon, or get our Ph.D., but we can commit to increasing our activity levels or taking one class at a Senior Center.
- 2) Plan Ahead:** Before you select your resolution, create an action plan that will help. Break your goal into small pieces. Anticipate bumps in the road. If you are trying to clean a cluttered home and your goal is to have it clean by Mother's Day, set a goal of cleaning one drawer a week, or a closet per month.
- 3) Keep a Journal:** A journal provides regular recognition that you are making progress toward your goal.
- 4) Reward Yourself:** Give yourself regular rewards for the hard work you are doing to reach your goal. You deserve it. If it was easy to change, we all would have fixed our bad habits long ago. Do be careful of your reward type. Don't celebrate a resolution of weight loss with a gallon of ice-cream!
- 5) Try, try again:** It is likely that you may slip before you reach your goal. It's important to think about why you fell off the change bandwagon. It's just as important to forgive yourself and give yourself permission to start to work again toward the change that you seek.



NEW BEGINNINGS



BERNADETTE LYNCH

It's not every day that a new agency is created in Sacramento County, but that is exactly what Bernadette Lynch was tasked to do. In 2000, county executives requested that she head the very newly created IHSS Public Authority. She knew what the legislative mandates for the agency were: negotiate caregiver wages and benefits, establish a registry and provide education for caregivers and consumers. To those she added her own mandates: provide excellent customer service, make the agency a good place to work, maintain the highest ethical standards and become the best Public Authority in California. Every day, with every staff she hired, she nudged us all toward those goals. Her expectation of staff was that the

Public Authority would be the final contact for a consumer or recipient with a problem, because we would find the answer and resolve the problem. Her expectation of herself was that staff be well-mentored and given the best opportunity for professional growth.

During Bernadette's tenure the agency grew and changed. Registry services expanded to fill a growing demand and more classes were offered to consumers and caregivers. Regardless of the challenge, we all knew that her decisions would be creative, smart and right. They would be creative because she was never afraid for us to innovate, smart because she suffered no foolishness, and right because decisions had to be in the best interests of caregivers and consumers. In early October 2009, Bernadette accepted the challenge of leading Sacramento County Senior and Adult Services. Though she has left our agency and we will all miss her dearly, she will continue her watch over your interests.

Sacramento's elder and disabled residents had to say goodbye this fall to Bert Bettis, who has ably served our community as the leader of the Senior and Adult Services Division, managing the programs of Adult Protective Services, the Public Guardian/Conservator's Office and In-Home Supportive Services.

Bert had more than 20 years of leadership and management experience to draw upon as she lead her programs through the budgetary storms recently experienced by the county. She certainly was up for the challenge; her past accomplishments included developing such innovations as the specialized Financial Abuse Investigation Team, the Older Adult Resource Center and the IHSS Pediatric Unit.



BERT MURRELL BETTIS

Bert was instrumental in the development of Take a Stand Against Elder Abuse, a non-profit grassroots advocacy organization whose mission is to raise funds to help sustain and support the programs of the Division. You may have heard of its primary fundraiser, the annual Centenarian Banquet, which honors those who have reached a hundred years of age. This fundraising activity is expected to result in the funding of two full-time Adult Protective Services financial abuse social workers in 2010.

Bert also collaborated with Kaiser Foundation Hospitals to develop the APS intensive case management partnership. With partial funding from the hospitals, the partnership created a team of professionals who provided a fast response to reports of abuse and sustained services after the investigation ended.

We hope that you will join us in thanking Bert for her years of dedicated service and wish her well as she begins her next assignment with the Department of Health and Human Services.



Consumer

JUST SAY NO! TO ELDER FINANCIAL ABUSE



Elder financial abuse is the misuse of an older person's property or financial resources without their consent or understanding. The crime of financial abuse against the elderly is growing and can have dire consequences for its victims. Older victims are targeted as easy marks because they may be lonely and isolated or even have cognitive impairments. There are people who make a living preying on the elderly using hoaxes like fake sweepstakes. Elders are also targeted for home repair scams by unlicensed contractors who do incomplete and substandard work. All of these predators will cast themselves as trustworthy experts in their field and then misrepresent the facts. They may even use misleading organization names.

Here are some ways to protect yourself from becoming the next victim:

- Don't let anyone intimidate you or rush you into a deal. If it sounds too good to be true, it probably is.
- Don't let a person you don't know into your home.
- Don't give out personal information over the phone to someone who called you.
- Protect your assets by planning ahead.
- Don't ever pay anything to win something.
- Just say "No" or "Later." It's your money and you can decide when to spend it.
- Don't have work done to your home without getting three estimates from reputable contractors.

***Remember ~ It's always easier to keep your money than get it back from a swindler!**

CORRIE'S CORNER



Corrie Poley

LIVE IN THE MOMENT

Life offers us lots of variety. We can be assured that sooner or later there will be change in the seasons of our life that can create varying feelings.

We love the times when everything is going smoothly. But we must admit that there are those "seasons" that come along that just are NOT appreciated. These challenges require a lot of patience, courage and some hope that something will come along to help us get through it.

The best way to approach these low points in life is to live moment by moment. Deal with each thing as it comes up each day. Don't look back for it will cause resentment and regret. We need to choose to forgive ourselves and others for wrongs that were done. Forgive and be forgiven.

Do not look too far ahead because that will create fear and anxiety. We need to trust that when tomorrow comes we will have the ability to meet those challenges.

Dr. Dyer, a well-known motivational speaker has said, "I will do whatever it takes to put my best effort into the best possible outcome." Positive thoughts feed our mind and body with strength to get through those difficult times.

Matters



LOOKING FOR A REGISTRY CAREGIVER?



Marni Cotta-Warren

Do you need a caregiver while your regular caregiver goes on vacation? Do you need a caregiver but do not know who to hire? Do you have a caregiver but need to hire another to work the rest of the hours approved by IHSS? Well, the Caregiver Registry is here for you!! Did you know that the Caregiver Registry is available to all IHSS consumers in Sacramento County and we have a pool of well-screened people that want to provide the authorized services approved for you?

So what do we mean when we say well-screened? All applicants to the Caregiver Registry have to complete a multi-step process just to get their names referred to IHSS consumers. The process includes a prescreening questionnaire that must be passed just to get referred to an orientation; a local background check; a two-part orientation that includes meeting with a social worker; verifying references; a face-to-face interview and passing a Department of Justice fingerprint based background check. Along with all of the steps a caregiver must pass to be referred by the registry, all people referred are monitored on an ongoing basis to ensure that we are referring people committed to being high quality caregivers. If you need a caregiver, know that the Caregiver Registry is here for you. Give us a call at (916) 874-4411 and choose option 2. Tell them Marni sent you!

WILL YOU BE PREPARED FOR TAX TIME?



After you put away your tree, take down your lights, recycle the champagne bottles and eat the last piece of candy from your valentine, your thoughts will no doubt turn to the next major date on your yearly calendar....April 15, the date you have to file your tax returns with the Internal Revenue Service.

Thanks to the American Recovery & Reinvestment Act (ARRA), your tax burden may be less because of:

- **A temporary increase in the earned income tax credit for taxpayers with three or more qualifying children;**
- **Special tax breaks for the purchase of a new vehicle;**
- **A temporary increase in the refundable portion of the Child Tax Credit;**
- **A temporary suspension of tax on a portion of Unemployment benefits;**
- **Credits for the purchase of certain residential energy efficient-products;**
- **Credits for certain home improvements that increase energy-efficiency.**

WHERE TO GET HELP?

Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites offer free tax return preparation to individuals having low to moderate incomes. To find free tax help near you call:

- **Infoline Sacramento: 211 or (916) 498-1000**
- **Internal Revenue Services: 1-800-906-9887**
- **AARP TaxAide: 1-888-227-7669**





Health

SO THESE ARE THE “BLUES”!



Sylvia was worried about Mr. Washington. She had been his caregiver for seven months and had always enjoyed the 78 year-old widower's carefree, optimistic attitude. Lately though, it seemed that he was more grumpy and listless every day. Sylvia tried to cheer him up by discussing the traditions he had shared with his family before his children moved to the east coast and his wife passed away. Sylvia even cooked his favorite holiday foods and put on lively holiday music. Nothing she tried seemed to lift his heavy spirits.

During the next meeting of the caregiver support group, Sylvia discussed her concerns and was surprised when her colleague told her that Mr. Washington probably had the “Holiday Blues.”

For many people, the holidays bring happiness and hope for the New Year. For others, the holidays are an acute reminder of loss. It may be difficult to afford and shop for gifts. Family relations may be strained. Illness may make shopping and normal seasonal activities impossible. Expectations of the season may bring unrealistic expectations that result in disappointment.

Sylvia learned the symptoms of ‘Holiday Blues’ mimic depression. Insomnia, headaches, fatigue, changes in appetite and weight, anxiety, agitation, and diminished concentration are all signs of depression and holiday blues. Other warning signs are a decreased interest in activities that usually bring you pleasure. Most important, Sylvia was advised that if Mr. Washington's symptoms lasted longer than two weeks she should call his social worker or encourage him to see his doctor because he might have depression.

The other support group members gave Sylvia tips on helping Mr. Washington cope. They told her to help him maintain a balanced diet and his regular activity level. She saw that she could be his partner in setting reasonable expectations. Most importantly, she planned to encourage Mr. Washington to stay busy creating new holiday plans and traditions.

Two weeks later, Sylvia was very pleased to arrive at work and find Mr. Washington on the phone laughing with a friend. As she went about her tasks she could see that her strategies paid off and her optimistic employer was back to his normal joking self.



WHEN TO GET HELP? MORE THAN DEPRESSION

WARNING SIGNS OF SUICIDE FOR SENIORS

- Statements about death and suicide
- Reading material about death and suicide
- Statements of hopelessness or helplessness (e.g., “I don't know if I can go on.”)
- Disruption of sleep patterns
- Increased alcohol or prescription drug use
- Failure to take care of self or follow medical orders
- Stockpiling medications
- Sudden interest in firearms
- Social withdrawal or elaborate good-byes
- Rush to complete or revise a will
- Overt suicide threats

Experts are conflicted about whether or not the risk of suicide goes up during the holidays but they know that there is an increased incidence of depression and mental health problems during and after the holidays.

Anyone who has suicidal thoughts should seek immediate care through their doctor or the nearest emergency room.

If you or someone you know is having thoughts of suicide and needs someone to talk to, remember that there are resources available. Contact the Suicide Prevention 24-hour Crisis Line at (916) 368-3111 or the 24-hour Sacramento County Mental Health Treatment Center at (916) 732-3637 or call 911.

IHSS FRAUD TASK FORCE

*by Laura West
Sacramento County
Deputy District Attorney*

On July 1, 2009 a new team started working on preserving and protecting the IHSS program. For the first time in California, members from the District Attorney's office, DHHS, DHA and the State's Department of Health Care Services have come together to form the IHSS Fraud Task Force for the purpose of identifying, investigating and prosecuting those who abuse and ultimately threaten the integrity of IHSS.

One of the goals of the Task Force is to develop partnerships with allies to work together to provide an even stronger program. A dynamic partnership has been created with the IHSS Public Authority, and the Task Force has met with and will be attending the regular meetings of the IHSS Advisory Committee.

The Task Force will soon begin a series of outreach programs in the community to talk about how the IHSS program is a vital necessity of our community and why it deserves to be safeguarded. The presentations will teach people to recognize and report IHSS fraud.

Commonly uncovered fraud involves caregivers claiming hours after a recipient has died or been placed in a skilled nursing facility, or after a care provider or recipient has been sent to jail. Some cases involve recipients fabricating mental disabilities in order to obtain protective supervision hours. ALL of these scenarios are a threat to the IHSS program and will be fully investigated.

The IHSS Fraud Task Force is dedicated and working hard keep the IHSS program alive and well for YOU!

HELP IHSS by reporting fraud or suspicions of fraud. Reach the IHSS Fraud Task Force hotline at **(916) 874-3836** or submit a referral directly to the team by going to **www.SacDa.org** and clicking on the IHSS Fraud Task Force link. An easy to use on-line reporting form is located on the Task Force page.



Connection

SENIOR CENTER WITHOUT WALLS



Brain Aerobics? On the telephone?

YES! Or if you prefer, how about Armchair Bird

Watching, Poetry Reading, or a Vision Support Group? And every Tuesday we offer a special presentation by an expert in the community on such subjects as Transportation, Scams and Fraud, and Coping with Loss. We even have parties, cruises, a talent show, and other special events-- all on the telephone!

Senior Center Without Walls (SCWW) offers activities, friendly conversation, and an assortment of classes and support groups on telephone conference calls to older adults in Northern California who find it difficult to go to a community senior center. You can participate on the phone from the comfort of your own home. No special equipment is needed, and the calls are completely FREE!

*by Terry Englehart
MA in Gerontology, Director*

Senior Center Without Walls is a non-denominational, non-profit program sponsored by Episcopal Senior Communities and St. Paul's Episcopal Church and is also a winner of a 2008 MindAlert Award from the American Society on Aging and MetLife Foundation and a 2009 Citation of Honor from the International Association of Homes and Services for the Aging.

For more information or to request a catalog call us toll-free at 1-877-797-7299 or check out our website: www.SeniorCenterWithoutWalls.org. There is no cost to register, and you can register for the program anytime. We hope to hear from you!

50+ Wellness Program

*by Kim Metcalf,
Program Coordinator*

Staying active is vital to enjoying the later years in our lives. The *50+ Wellness Program* offers programs to help you do just that! Through the City of Sacramento's Department of Parks and Recreation, *50+ Wellness* provides a biannual *Wellness Newsletter* for Sacramento residents to stay current on healthy living practices and opportunities. Now finding a class nearby can be a snap. *50+ Wellness* classes include everything from Yoga and Chi Gong to Stretching and Strengthening and Head to Toe Fitness! *Neighborhood WALK* is a great program for older adults looking to walk with others. With 10 active groups throughout Sacramento, one could be just around the corner!

Want to stay active? *50+ Wellness* organizes *monthly hikes* of 3 to 6 miles, to destinations in the beautiful North Valley. Looking for a mountain retreat? Try *Senior Adventure Camp*, a week long annual camp at Camp Sacramento. If you play sports, you'd be interested in our *Sports for Life! Series*, offering basketball, soccer and archery tournaments each spring, all exclusively for athletes 50+.

Finally, *50+ Wellness* is addressing *Fall Prevention*. Sponsored by Kaiser, 50+ has a number of workshops and a newsletter issue that has been developed to address fall risk and fall risk reduction.

All *50+ Wellness* programs are designed for the older adult, and all skill levels are welcome! Contact the *50+ Wellness Program* for a location nearest you at (916) 808-1593 or e-mail: fiftypluswellness@cityofsacramento.org.



IHSS ADVISORY COMMITTEE:

A YEAR IN REVIEW

by *Kristen Lyall & Melissa Kinley*



Kristen Lyall

What a busy and exciting year our IHSS Advisory Committee (IHSS AC) has had. As your advisory committee, we stand up for the rights of individuals that might not be able to stand up for themselves.

As most of you may know, there was a Grand Jury report that came out regarding IHSS and Fraud. As a result, the District Attorney asked the County Board of Supervisors for funds to prevent fraud and prosecute any ongoing cases. The board decided to try the District Attorney's plan for one year and see what changes they can make. We are certain IHSS AC will be able to work with the District Attorney's office and help advise and be kept advised of how to prevent fraud in IHSS.

The IHSS AC spent countless hours preparing our response to the Grand Jury report. We were able to rebut some of the findings, and came up with solutions.

As an ongoing effort to keep the Board of Supervisors abreast of what is going on with IHSS, we met with the Chiefs of Staff of the Supervisors and offered suggestions and feedback from a client and a provider's point of view. One of our highlights was the Sacramento Bee coming out to our board member's house and spending a day with them to give the public a inside look on what is like to be a care provider and the commitment that comes along with the job, a commitment which often requires longer hours than what may be allowed. We got wonderful feedback from the article and hope to do a follow up soon.

We believe in educating the public and are always open to any suggestions you may have for classes you would like to see offered.

The IHSS Advisory Committee is a wonderful place to keep in the know of things going on with your IHSS Program and to make a change that you can see unfold before your eyes. If this sounds like something that you would like to experience, we are always looking for new members, so please contact the IHSS Public Authority at (916) 874-2888, or get more information on our webpage: www.sacihsspa.net and click on the IHSS Advisory Committee link.



Melissa Kinley



Education

DO YOU HAVE A DISASTER PLAN?

We have all seen the dramatic affects hurricanes and other disasters have on individuals and communities. These disasters can be minimized if we are prepared for an emergency situation. The disabled and their caregivers need to be even more ready than the general population. Experts agree that the first 72 hours are the most critical in surviving a disaster. Being prepared can enable one to cope with all kinds of emergencies. Knowing what to do before the disaster occurs is the key to survival. During this initial phase of the disaster, safety services such as police and fire departments are going to be very busy handling serious situations. Being self-sufficient during this 3-day period is critical to managing a disaster. Can you live without running water, electricity and/or gas, and no phone service?

Creating a disaster plan can help you survive the next emergency situation. First, determine the most likely type of disaster that might occur in your area so you can request specific information from organizations like the American Red Cross to become educated and prepared for any disaster. Secondly, create a disaster plan.



Important Resource Information

Life-threatening emergencies	9-1-1
Community Services Information	2-1-1
American Red Cross	(916) 368-3131

To create a disaster plan you should:

- Arrange for a neighbor to check on you immediately after disaster strikes
- Identify a contact person who is out of state or area and willing to be identified as your source person if a disaster occurs
- Decide on two familiar places to meet. One for sudden emergencies that are in the neighborhood the other in case you cannot return home
- Create a disaster supply kit which includes items such as: three day supply of water and food that will not spoil; change of clothing, footwear and sleeping bag; first aid kit, battery operated radio, flashlight and extra batteries, extra set of keys, cash and ATM card
- Buy a waterproof container to hold prescriptions, social security card, I.D.
- Have a 30-day supply of medications
- Carry an extra pair of glasses.

REMEMBER “SAFELY OUT” AT YOUR ASSESSMENT AND REASSESSMENT

The IHSS Advisory Committee wants to remind consumers to request their “Safely Out” kits at the time of assessment and reassessment. These packets, developed by Citizens Voice with the technical assistance of American Red Cross were created after Hurricane Katrina to help vulnerable residents safely evacuate in the event of disaster, such as a flood or fire. The kits contain information sheets, placards and a door hanger to let rescuers know if you are trapped inside your home. These kits are provided through the generosity of County of Sacramento Department of Water Resources.

Matters



CHECK OUT THE SACRAMENTO PUBLIC LIBRARY!

Visited your local library branch lately? Prepare to find more than books! The Sacramento Public Library (SPL) welcomes the participation of IHSS consumers and caregivers. All 27 library branches meet ADA standards for accessibility. For those with visual difficulties there is an extensive catalog of Books on Tape, large print books, and the SPL is in the process of obtaining special internet software that “reads aloud” information from the internet. Those with hearing difficulties can make use of the large selection of captioned movies.



Homebound Books-By-Mail is a free service for those unable to travel to their local library because of physical, mental or geographical limitations.

Wonderful learning opportunities are available at local branches. Enroll in a class about “Emailing for Seniors” or “Basic Computer Skills.” There may be lessons about ballroom dancing, chess, or knitting. Learn more about your family history in a genealogy class. You might catch a class about fall prevention, mental illness or consumer scams.

For Information: Sacramento Public Library 828 I Street, Sacramento, CA 95814 or www.saclibrary.org
Phone: (916) 264 -2700 Toll-Free: 1-800-209-4627 TDD: (916) 264-2855

MEET OUR EXPERT EDUCATORS

One of the best kept secrets in Sacramento is the number of community

professionals who volunteer their time to teach IHSS Caregivers about the conditions and concerns of consumers. From dentistry to podiatry to chronic pain management, experts share experience and techniques to maximize the wellbeing of the elderly and disabled. Here are new educators for Winter and Spring of 2010:

Margaret Reilly: Ms. Reilly is the program manager for *HICAP Services of Northern California*. She has more than 25 years of experience in social services management and serves on the Board of Directors of the Placer County Adult and Aging Commission.

Maxine Barish-Wreden, M.D.: Dr Barish-Wreden is a graduate of the University of Chicago School of Medicine and currently is practicing with *Sutter Medical Group*. She has a long-term interest in Complementary Medicine. She wrote *The Complete Idiot’s Guide to Secrets of Longevity*, published in 2008 and has made numerous radio and television appearances.

Bridget Kennedy: Ms. Kennedy is the Community Educator for *Women Escaping a Violent Environment* (WEAVE) and is a passionate advocate for victims of domestic and sexual violence. For more than three years she has been busy teaching in the community about violence and techniques for prevention.

John Locher: Mr. Locher has worked for the *Department of Motor Vehicles* since retiring from the U.S. Marine Corps. He is the Senior Driver Ombudsman whose focus is to ensure that seniors are treated fairly and with dignity and respect. He is passionate in his commitment to the senior community.

Denise Davis: Ms. Davis has more than 13 years experience working with issues related to Alzheimer’s and other dementias. She currently is employed as the Program Director for *Sacramento Alzheimer’s Association*, where her much sought after classes include information and tips helpful to caregivers.

Learning

CLASS SCHEDULE



= CORE Class

January 2010 Classes

Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming.	1/06/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff		
***Overview of IHSS and Public Authority- Differences between IHSS and Public Authority discussed, learn eligibility requirements for IHSS, and available resources. HART	1/13/10	Wed.	1:30-2:30pm
	IHSS Public Authority Staff ***at 915 27th Street, Sacramento		
Resources for Independent Living- Learn more about resources and services available for Sacramento's disabled community.	1/20/10	Wed.	5:30-7:30pm
	Resources for Independent Living Staff		
Smile: Tips and Tricks about Dental Care- Discover the link between dental health and overall health.	1/27/10	Wed.	5:30-7:30pm
	Robert Gillis, DDS		

February 2010 Classes

HICAP: An Overview of Medicare- Information provided and questions answered about one of the nation's most important health care programs.	2/10/10	Wed.	5:30-7:30pm
	Margaret Reilly, HICAP		
Women and Heart Disease- Improve your cardiac health and recognize warning signs commonly seen in women.	2/17/10	Wed.	5:30-7:30pm
	Dr. Maxine Barish-Wreden		
Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints.	2/23/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff		

March 2010 Classes

Community Resources to the Rescue! - Learn about programs that can be of help to caregivers and consumers.	3/03/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff		
Understanding Alzheimers and Dementia- Overcome difficulties in caring for consumers with cognitive impairments.	3/10/10	Wed.	5:30-7:30pm
	Denise Davis, Alzheimer's Association		

April 2010 Classes

Understanding Domestic Violence- Recognize the signs and types of domestic violence and learn more about resources for intervention.	4/07/10	Wed.	5:30-7:30pm
	Bridgette Kennedy, WEAVE		
How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	4/14/09	Wed.	5:30-7:30pm
	IHSS Public Authority Staff		

NOTE OUR NEW CLASS LOCATION

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

IHSS Public Authority Offices located at
3700 Branch Center Road, Sacramento, CA 95827
Training line- (916) 876-5173

CORE CLASS GRADUATION If you completed one class from each core class category and believe you are eligible to be a core class graduate by the end of June 2010, please call Debra Larson at (916) 876-7592.

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

Matters



May 2010 Classes

Senior Driving and the DMV- Learn valuable information about how seniors can keep their driver's license while maintaining safety on the road.	5/12/10	Wed.	5:30-7:30pm
	John Locher, DMV		
Nutrition for the IHSS Consumer- Shopping and eating tips to support good health.	5/19/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
The Professional Caregiver- Get help with problem areas and brush up on skills that will produce long-lasting employment relationships.	5/26/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff		

June 2010 Classes

Beat the Heat and Disaster Preparedness- How to protect your consumer from heat related illness, as well as prepare yourself and client for any natural or other disaster.	6/09/10	Wed.	5:30-7:30pm
	Roger Ince, County of Sacramento		
Mobility and Fall Prevention- Learn about physical changes that can lead to falls and how to prevent accidental falls in the home.	6/16/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

BONNIE APPLE ON CONSUMER EDUCATION

Issue after issue, readers can find information and schedules of classes that the IHSS Public Authority offers for Caregivers. Did you know that there are also classes offered to Consumers? Well, there are. Here is a chance for you to meet a big supporter of education for consumers, Bonnie Apple.

Bonnie Apple is the Social Services Coordinator at Eskaton Jefferson Manor, a senior living facility in South Sacramento. She has been employed there for seven years and has been collaborating with IHSS Public Authority Social Worker Shawna Crane to provide quality education and information to residents for the last four years. She says the best aspect of the Public Authority classes is knowing that the information is factually correct and, because the classes are held in the activities room, her seniors can learn without having to leave their homes.

Social Worker Crane seconds that. "All Public Authority education is aimed at providing information that will help consumers remain living independently in their own homes for as long as possible. It has been a pleasure working with Bonnie and getting to know the residents at Eskaton Jefferson Manor over the years and to know that the IHSS Public Authority has help contribute to their well-being," she says.

Ms. Apple would like to encourage more groups to talk to Social Worker Crane about whether they might benefit from information relevant to IHSS Consumers. "The classes are all high quality and our attendees love them!"

If you are involved with a group that might benefit from information relevant to IHSS Consumers, contact IHSS Public Authority Social Worker Shawna Crane at (916) 876-5450.



Training Matters

MY STORY: WHY EDUCATION IS SO IMPORTANT



Caregiver Erin Sanchez sure is busy. Whether caring for consumers or staying physically and socially active, she is always on the go. The one thing she always makes time for is the free caregiver education classes offered by the IHSS Public Authority. We caught up with her recently at a class on memory disorders and asked her to talk about the importance of education. Here is what she told us:

Why did you begin taking classes?

“I started a while ago because a friend said they were good. She was right. The classes that I have been to are interesting and help you learn lots of new ways to improve your caregiving.”

Have your consumers benefited from the education you have received?

“Yes, definitely. For example, I attended a personal care class where I learned lots of tips about how to give a bath, such as what to look for and how to make my consumer more comfortable. I have a consumer that I help with bathing, so my job got a lot easier and my client was a lot happier after I took the class. Also, my consumers have asked me to train their family and back-up caregivers and give them the information and tips that I have learned in classes.”

Are there any other ways that taking classes has helped you?

“Yes. Consumers want to hire me when they see all of my certificates. It makes getting a job easy. Consumers respect the training you receive.”

What are your future goals?

“I want to be a CORE Class graduate this year. Who knows, after that I may start to work on my CNA certificate!”

Any last words?

“I know it seems hard to find time for classes, but they’re only two hours. They’re interesting and you meet a lot of nice people who have the same job. If you haven’t been to a class, you should try one!”

Thanks, Erin!

Join us at a caregiver class where you will pick up information and tips to become a better caregiver and meet your colleagues. Maybe you will even see Erin there!

CARING 4 CAREGIVERS

CAREGIVERS! Relieve Stress and join us at “Caring 4 Caregivers,” a group to provide information and support.

When: 1st Friday of the month (no holidays)

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

Where: IHSS Public Authority
3700 Branch Center Rd., Suite A
Sacramento, CA 95827

Upcoming Dates

February 5, 2010

March 5, 2010

April 2, 2010

May 7, 2010

June 4, 2010

✓ Please check the classes you would like to attend.

Registration



January 2010				
Points for Providing Personal Care		1-06-10	Wed.	5:30pm - 7:30pm
Overview of IHSS and Public Authority***	HART	1-13-10	Wed.	1:30pm - 2:30pm***
Resources for Independent Living		1-20-10	Wed.	5:30pm - 7:30pm
Smile: Tips and Tricks about Dental Care		1-27-10	Wed.	5:30pm - 7:30pm
February 2010				
HICAP: A Overview of Medicare		2-10-10	Wed.	5:30pm - 7:30pm
Women and Heart Disease		2-17-10	Wed.	5:30pm - 7:30pm
Home Safety and Universal Precautions		2-23-10	Wed.	5:30pm - 7:30pm
March 2010				
Community Resources to the Rescue!		3-03-10	Wed.	5:30pm - 7:30pm
Understanding Alzheimer's and Dementia		3-10-10	Wed.	5:30pm - 7:30pm
April 2010				
Understanding Domestic Violence and Caregiving Impact		4-07-10	Wed.	5:30pm - 7:30pm
How to Talk to Your Doctor		4-14-10	Wed.	5:30pm - 7:30pm
May 2010				
Senior Driving and the DMV		5-12-10	Wed.	5:30pm - 7:30pm
Nutrition for the IHSS Consumer		5-19-10	Wed.	5:30pm - 7:30pm
The Professional Caregiver		5-26-10	Wed.	5:30pm - 7:30pm
June 2010				
Beat the Heat and Disaster Preparedness		6-09-10	Wed.	5:30pm - 7:30pm
Mobility and Fall Prevention		6-16-10	Wed.	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, please feel free to show up at the class and sign your name, phone number and address clearly on the class sign-in sheet. For more information about our caregiver classes, please call: (916) 876-5173 or visit our website at www.sacihsspa.net.

PLEASE FILL OUT ENTIRE PAGE AND FAX OR MAIL TO THE ADDRESS ON THIS FORM	
Name:	Please Print Clearly!
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City, State, Zip:	
Phone #:	
E:mail:	
Last 6 of SSN:	XXX-____-_____ <i>The last 6 numbers of your social security number required to obtain credit</i>

3700 Branch Center Rd. Ste. A ❖ Sacramento, CA 95827 ❖ **Fax:** (916) 875-0946
Training line: (916) 876-5173 **E-mail:** IHSS-PA-Education@sacounty.net **Website:** www.sacihsspa.net



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 IHSS Public Authority
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It has been my pleasure to be part of the team that prepares the newsletter for publication. The best part of creating the newsletters is knowing that the newsletter was our chance to reach each of you. Our staff doesn't have the chance to talk to each of you individually – after all, there are over 39,000 caregivers and recipients in Sacramento County! When we prepare the newsletter we feel as if we get that chance to tell you about some new service, or way to save money, or tips on handling life's problems. It gives you the chance to meet us, or each other, through sharing stories and

pictures.

Along with the rest of the county we have had cuts to our budget and staff that has caused changes. For example, you may have noticed that we combined the newsletters and publish twice yearly. The newsletter is not as colorful as it once was. Worst of all, we felt unable to share important information with you. Until now.

We are very excited to share a new way to stay current on information of interest to IHSS recipients and consumers. If you have access to the internet, you are invited to visit our website at www.sacihsspa.net. On our homepage, you will see a link to subscribe to Caremail. Caremail is the new email notification system of the IHSS Public Authority. Caremail will alert you to changes in the IHSS program and class schedules, new links to information and other items of general interest. We can even let you know that your newsletter is ready to view online. You can stop receiving Caremail by unsubscribing at any time. Stay informed, save money, and help the environment! Subscribe to Caremail on our website.

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