

# Caring

January-June 2011



# Matters

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

## NEWS AND UPDATES

The 2010-11 Fiscal Year State Budget contains several changes in the IHSS program that may affect you. Though the details for these changes were not certain at the time of publication, you will be notified.

### 3.6% Hours Reduction

Effective February 1, 2011, all IHSS hours are scheduled to be cut by 3.6%. For example, an IHSS consumer who is now authorized 100 hours will be reduced to 96.4 hours. It is up to the IHSS consumer to decide how the hours reduction will be managed within their approved services. A consumer can elect to shave a bit of time off of each authorized task or eliminate one or more tasks completely, depending on their individual needs. By law, the reductions are scheduled to end in July 2012.

### Criminal Conviction Expansion

Currently, three criminal convictions preclude someone from being an IHSS caregiver: child abuse (if convicted of Penal Code 273(a)(a)), elder abuse and fraud against a federal medical services program. Effective February 1, 2011 the legislature has added additional criminal offenses that preclude someone from being an IHSS caregiver (consumer may choose to waive). These offenses are contained in Penal Code 667.5(c) and 1192.7, and also include offenses that require sex offender registration and felony fraud. The legislature also made a process available for caregivers with criminal convictions to request a waiver from the state if certain standards are met.

### IHSS Stabilization Fee

Home care is now eligible to receive additional federal funds in the same way that nursing homes and hospitals have in the past. Here's how it will work: Providers will receive a paycheck showing a "tax" paid and then receive an immediate, equal payment back from the State so that there is no change in the amount of your paycheck. The fee does not impact your take home pay, is expected to generate \$190 million to the State of California and was the key to reducing more drastic cuts under consideration. The fee program will likely begin in early 2011.

### Intercounty Background Check Transfer

This will allow background check information completed for an IHSS program in one county to be shared with IHSS in other counties.



## Inside

### Caregiver Recognitions

Page 2

### Laugh it Up

Page 3

### Mileage Reimbursement / Memoriam for Corrie Poley

Page 4

### Diabetes

Page 5

### Obesity Epidemic

Page 6

### Diabetic Foot Care

Page 7

### Earned Income Tax Credit

Page 8

### Message from IHSS Fraud / Contacting IHSS

Page 9

### The Importance of Reading

Page 10

### Caregiver Self-Assessment

Page 11

### Class Schedule

Page 12

### Core Classes / Care for a Movie?

Page 13

### IHSS Advisory Committee / Public Authority Turns 10

Page 14

### Class Registration Form

Page 15

### Spotlight on Benefits Checkup

Back Page



\*\*\*Care for a Movie? see page 13\*\*\*





# Caregiver

## NATIONAL CAREGIVER'S MONTH RECOGNITION!

National Caregiver's Month Recognition was held on November 9, 2010 in the Board of Supervisor's Chambers. This is an annual event that acknowledges the dedication of caregivers in Sacramento County. This year caregivers were nominated for exemplary care of their consumers by several agencies that the Public Authority collaborates with throughout the year.



**Supervisor Roberta MacGlashan presents IHSS Advisory Committee Chair, Melissa Kinley with a resolution honoring Sacramento caregivers.**

Front row (left to right): *Maria Martinez, Donna Boyd* Middle row: *Cindy Pinales, Donna Bettencourt, Bonnie Apple, Virginia Sanchez, Maria Leyva, Melissa Kinley, Doris McGee, Paula Escobar de Hernandez, Miguel Tobar, Deniece Thomas, Lola Stanphill* Back row: *Jennifer Murray, Myrna D' Angelo, Leon Cain, Velvet Vasquez, Amanda Juarez, Leeann Krienke, Supervisor Roberta MacGlashan, Toakase Tuuholaki, and Terrie Epperson.*

**Many thanks to SEIU-UHW West for their sponsorship of a caregiver recognition brunch.**

We would like to thank the following agencies for their participation in this event:

Eskaton Jefferson Manor, Greenfair Apartments, InAlliance, On My Own, the Resources for Independent Living, and the IHSS Public Authority Registry.

## ESKATON JEFFERSON MANOR CAREGIVER CELEBRATION



In the spirit of honoring caregivers, IHSS Public Authority staff celebrated with Eskaton Jefferson Manor residents and 25 caregivers on November 16th, 2010. The principle behind starting this yearly tradition came from the desire to promote an environment of mutual respect. It worked! During the festivities, several residents expressed their appreciation with touching words about their caregiver. Thank you Bonnie Apple for inviting the Public Authority to the celebration!

Pictured left to right: *Bonne Apple (Eskaton Jefferson Manor), Cindy Pinales (IHSS caregiver), Shawna Crane (IHSS Public Authority)*



by Tang Thao  
IHSS Public Authority Intern

**LAUGH IT UP**

**Are negative emotions like anger, stress, and guilt affecting your quality of life?**



**IF SO, YOU NEED LAUGHTER AS YOUR DISTRACTION!**

Distractions have the power to interfere with our mind and take away our attention and concentration. When we're feeling angry and stressed out, let laughter become the interference and distraction that diverts our anger into happiness and our stresses into solutions.

Laughter gives us the mental strength to cope with conflicts and challenges in life that are stressful. Why is laughter so important? It allows us to feel better about ourselves. It helps reduce stress, depression, sadness, grief, and anger by relaxing the whole body and relieving physical tension and stress. Laughter also improves the function of blood vessels and increased blood flow can help improve all parts of our bodies such as our heart. So, even when you can't find anything in life to laugh about, fake it! You'll feel happier in the end.

**~SEE IF ANY OF THESE QUICK QUIPS BRING A SMILE TO YOUR FACE~**

.....A doctor gave a man six months to live. The man couldn't pay his bill, so he gave him another six months.

.....How long a minute is depends on what side of the bathroom door you're on.

.....Middle age is when you choose your cereal for the fiber not the toy.

.....Today's mighty oak is just yesterday's nut that held its ground.

.....I intend to live forever - so far so good!

.....My mind not only wanders; sometimes it leaves completely.

.....Raising teenagers is like nailing Jell-O to a tree.

.....What if the Hokey-Pokey IS what it is all about?

....."Doctor, I have a ringing in my ears." "Don't answer!"

.....If you can remain calm, you don't have all the facts.

.....Laughing helps, It's like jogging on the inside.



# Consumer

## “BABY, YOU CAN DRIVE MY CAR”



Do you remember the old song that says... “Baby, you can drive my car?” Does that describe your relationship with your caregiver? Or, are you riding in your caregiver’s car? Many, many Sacramento IHSS recipients have been authorized to hire caregivers to provide accompaniment to and from medical appointments – and providing accompaniment is sometimes a source of conflict between caregivers and consumers. In fact, problems related to transportation is a frequent source of concern for caregivers and consumers.

### Did you know...

**IHSS HOURS ARE AUTHORIZED FOR ACCOMPANIMENT ONLY:** Your caregiver may be eligible to be paid for accompaniment if you need to attend a medical appointment but cannot drive yourself. When accompaniment is authorized and a caregiver volunteers to drive you there, the timesheet may only include the amount of time spent driving and cannot include time waiting during the medical appointment.

**AUTHORIZED HOURS DO NOT COVER THE COST OF TRANSPORTATION:** If your caregiver is driving their personal vehicle to transport you to and from appointments, it is your responsibility to reimburse your caregiver for both gas and wear and tear on their vehicle. It is fine to ask for mileage estimates and negotiate the rate of reimbursement with your caregiver before you leave ~ current IRS guidelines set a fair rate for government employees at \$0.50/mile.

**ALL INSURANCE RULES AND LICENSING REQUIREMENTS APPLY:** Before you allow a caregiver to transport you in their car or drive you in your car, be sure that the vehicle is properly registered and insured. Ask to see a copy of the caregiver’s driver’s license to ensure it is valid.

## IN MEMORY OF CORRIE POLEY



Corrie Poley has been a valued newsletter contributor for the last 2 1/2 years, dispensing thoughtful advice to

consumers and caregivers alike. After a valiant battle against multiple illnesses Corrie passed away on October 1, 2010, but not before preparing what would become her final newsletter article – a poem she called “Smell the Rose.” She shared that it was called “Smell the Rose” because sometimes you only have the energy for one rose.

### Smell the Rose

Today, keep it very, very simple.

Do only what you must. Do only what you absolutely must do today, this hour, this minute.

Refuse to think about all the things that will have to be done in the future. They will all be taken care of if you only do today what is necessary.

Do not let time pressure force you into doing anything more.

### One last thing...

Do one thing per day that gives you pleasure: a phone call, a task, a hobby, or reading a book.

**Smell the Rose!**



by Priya Deo  
IHSS Public Authority Intern

## THE SCOOP ON DIABETES

**A**dult-onset diabetes is a chronic disease characterized by high levels of blood sugar that occurs when our body cannot use insulin, a hormone secreted by our pancreas that helps our body use sugar. When our body cannot turn the sugar we eat into energy, it builds up in our blood and becomes harmful. Adult onset-diabetes has become epidemic; 23% of us aged 60 or over have type 2 diabetes. That is over 12 million older adults! The complications caused by diabetes include, heart attack, stroke, blindness, kidney disease, amputations and other problems have increased along with the number of diabetic Americans.



**M**any times there are no symptoms that let us know that we have type 2 diabetes. You may notice a cut or a bruise that is taking a long time to heal, or some tingling and numbness in your hands or feet, maybe even recurrent infections in your gums, bladder or skin. Or, you may be concerned about developing diabetes as an adult because many of your ancestors and family members have a history of the disease. If you have these symptoms or have a family history of diabetes, the experts say it's time to talk to your doctor and see if you need to be screened.

**E**ven if we haven't been officially diagnosed with diabetes, we may have a condition called "pre-diabetes" which occurs when, our blood sugar levels are not elevated enough for the doctor to diagnose us with diabetes, but are elevated enough to cause us harm. Recent research has shown that some long-term health problems can occur if blood sugar is high for a long period of time even if we are never officially diagnosed with diabetes. Your doctor can check to see if you have pre-diabetes.

**M**ost people diagnosed with prediabetes or diabetes go on to live long and active lives – if they follow doctor's orders. Short amounts of moderate physical activity and 5-10% weight loss can reduce the chance of developing diabetes if you haven't been diagnosed and, if you have been diagnosed, can cause your blood sugar levels to drop. It is also important to follow a healthy diet that limits the amounts of sweets and carbohydrates you eat. Your doctor may also ask you to monitor your blood sugar regularly and might even prescribe medicine taken by mouth or injection. The long term goal of any treatment is to prevent complications.

**Y**ou can learn more about diabetes, find resources and take a test to see if you are at risk by visiting the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org).



# Health

## CRISIS: OBESITY IN AMERICA



Can anyone be surprised that obesity is the subject of an article in the “Health Matters” section? Many of us struggle with maintaining a healthy weight. Doctors say more than half of us are diagnosed as being overweight or obese – that is, we weigh more than is healthy for our height. An ever-increasing number of us are morbidly obese and our weight may be a risk factor in our own death. The consequences of obesity are numerous and can include diabetes, heart disease, stroke, certain types of cancer, sleep apnea and emotional suffering. In addition to physical distress, there are economic consequences to obesity, such as increased medical costs and costs associated with subtle forms of discrimination.

In-home caregivers have challenges meeting needs for their clients who are obese. Safety is a consideration and special equipment may be required for transporting and transferring. Walkers, wheelchairs and bedside commodes are available for larger clients. Durable medical equipment companies are expected to provide training to assure safe use of the equipment. Caregivers may also need emotional support to cope with the negative stereotypes held about their clients. Support groups might be helpful for both the consumer and the caregiver. Caregivers in Sacramento can contact Infoline Sacramento at (916) 498-1000 for additional resources.

What causes our weight woes? Simply put, we take in more calories (energy) than we burn off by moving around every day. The reasons that people burn off calories at different rates varies and is influenced by genetics, lifestyle and environment, psychology and, in a small percentage of cases, by medication and/or a medical condition. And while none of us can change our genes, we can change our exercise and diet habits by eating smaller portions of nutritionally rich low-calorie foods and eliminating nutritionally poor, highly processed food-like products. As a leading author of books about food says, “Eat real food...mostly plants...not too much!”

Overweight seniors face additional concerns. First and foremost, being overweight worsens the natural and normal decline in physical functioning that we all experience as we age. Second, being overweight can actually cause frailty. As we age our muscle mass naturally decreases. Overweight elders experience that decrease most severely because the extra weight makes exercise (which helps us keep the muscles that we have) even more difficult. Over time, the muscle mass relative to fat composition of an obese senior decreases and that person becomes increasingly frail. Because of this, seniors must try to lose weight while maintaining their muscle mass– making both diet and exercise even more important.

Experts say that even a 5% weight loss can increase overall health and wellness. Better health for you or your loved one is just around the corner.

**Please consult your doctor before beginning any weight loss or exercise program!**



## PUT YOUR BEST FOOT FORWARD~Proper Care for Diabetic Feet



**E**sther was embarrassed to ask for help. Since she had been diagnosed with type 2 diabetes three years ago, she hadn't been following the strict diet that the doctor recommended. It was just too hard to deny the comforting foods she loved since she was a girl. She really hated the finger sticks three times daily. If she were honest, she would agree she was in denial about her illness. But today, when she couldn't even walk because her feet were so numb and swollen and dry, she was praying that it wasn't too late.

Esther is one of 16 million Americans with diabetes, 25% of whom will develop foot problems related to the disease. Diabetes can narrow arteries, leading to significantly decreased circulation in the legs and feet. This results in an inability to feel the pain of minor injuries to the feet and might also prevent those injuries from healing properly. Infections can occur and infections can lead to amputations - with the diabetic patient losing toes, a foot, or a leg.

Over the last 15 years, the rate of foot amputations from complications of diabetes has soared. It is now at more than 100,000 amputations annually but that could be cut in half with preventative care. Prevention means that everyone who cares for the consumer is doing everything they can to prevent foot problems.

**E**sther talked with her doctor and realized that she could take the following steps to prevent complications from diabetes from affecting her feet:

1. **TAKE CARE OF YOUR DIABETES:** Follow doctor's orders to keep your blood sugar as close to normal as possible.
2. **CHECK YOUR FEET EVERY DAY:** Use a plastic mirror to see all parts of your feet to be sure there isn't a cut or injury that you don't feel. Call your doctor about injuries that don't heal.
3. **WASH YOUR FEET EVERY DAY:** Wash in warm water – not hot! Soaking causes dryness.
4. **KEEP THE SKIN SOFT AND SMOOTH:** Use lotion everywhere except between the toes.
5. **ALWAYS WEAR SHOES & SOCKS:** This will help avoid an injury the could become infected. Wear absorbent socks.
6. **KEEP THE BLOOD FLOWING:** Be sure to wiggle your toes and move your ankles, even if you aren't walking. Don't wear tight or elastic socks or shoes that are a bit small. Don't smoke because smoking reduces circulation.
7. **LEARN YOUR MEDICAL OPTIONS:** Even if diabetes can't be controlled, it is possible to avoid amputation through both surgical and non-surgical procedures. Your doctor sometimes can recommend ways to improve circulation in the feet, promoting healing and reducing the need for injury-related amputation.

**E**sther slowly developed different skills, and it wasn't too long before she felt much better. She still missed her "special treats" but found that a healthier lifestyle is habit forming. Oh, and about her feet, she found that the numbness and dryness subsided when her blood sugars were under control.



# Connection

## WHAT IS EARNED INCOME TAX CREDIT?

by Bonnie Tran  
IHSS Public Authority Intern



It's that time of year! It is time to file your tax returns with the Internal Revenue Service. You may be eligible for Earned Income Tax Credit (EITC) if you meet all of the requirements.

### What is Earned Income Tax Credit (EITC)?

The earned income credit (EITC) is a tax credit for certain people who work and have low wages. The EITC may reduce the amount of taxes you owe and may result in a refund. To claim the EITC on your tax return, you must meet all of the requirements which are

- A valid Social Security Number
- You must have earned income from employment or from self-employment
- Your filing status cannot be married, filing separately
- You must be a U.S. citizen or resident alien all year, or a nonresident alien married to a U.S. citizen or resident alien and filing a joint return
- You cannot be a qualifying child of another person
- If you do not have a qualifying child, you must be age 25 but under 65 at the end of the year, live in the United States for more than half the year, and not qualify as a dependent of another person
- Cannot file Form 2555 or 2555-EZ (related to foreign earned income)
- You must meet these EITC Income Limits, Maximum Credit Amounts and Tax Law Updates

### NEED 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: 800-906-9887
- AARP TaxAide: 888-227-7669

For Income Tax Forms and Publications:

- DOWNLOAD <http://www.irs.gov>
- CALL 1-800-829-3676
- VISIT Tax Assistance Center (TAC)  
4330 Watt Ave, Sacramento, CA 95821  
M-F 8:30am-4:30pm  
916-974-5225

(Note: Forms may be available at your local library or post office)

### Maximum Earnings and Credits

To qualify for the tax credit your earned income and adjusted gross income (AGI) must each be less than:

- \$43,279 (\$48,279 married filing jointly) with three or more qualifying children = \$5,666 Maximum EITC
- \$40,295 (\$45,295 married filing jointly) with two qualifying children = \$5,036 Maximum EITC
- \$35,463 (\$40,463 married filing jointly) with one qualifying child = \$3,050 Maximum EITC
- \$13,440 (\$18,440 married filing jointly) with no qualifying children = \$457 Maximum EITC

# Matters



## IHSS ADVISORY COMMITTEE...WANTS YOU!



*Melissa Kinley*  
Advisory Committee Chair

Happy 2011! The beginning of the New Year is always a good time to think about changes and make new resolutions. The members of the IHSS Advisory Committee would like your help to meet one of our goals - we would like more consumers and caregivers to attend our monthly meetings and participate in the recommendations that we make regarding the Sacramento County IHSS program services.

The IHSS Advisory Committee was created as a method to provide IHSS program participants a way to provide input and advice to those who oversee the program, such as the Sacramento County Board of Supervisors, managers at the Department of Health and Human Services and staff at the IHSS Public Authority. The Advisory Committee has eleven members, six of whom must be current or former users of a personal assistive services program and five others that can be caregivers or community residents.

Meetings are public, last only a couple of hours and all are invited. In a typical meeting you will hear reports from Senior and Adult Services Director, Bernadette Lynch, about changes that are occurring at the federal, state and county level. You will hear from Rick Simonson, Director of the IHSS Public Authority regarding the provider registry and provider enrollment. The District Attorney Fraud Task Force provides information about efforts underway to curb program abuses. During a recent meeting we debated about whether to publish this newsletter more often!

Please join us at a meeting and meet our goal and improve the program at the same time!

### **The IHSS Advisory Committee Meetings:**

**When:** 3rd Wednesday of the Month

**Time:** 1:00-3:00 p.m.

**Where:** Rancho Cordova IHSS  
9750 Business Park Drive  
Sacramento, CA 95827

The meeting facilities are accessible to persons with disabilities. Requests for interpreting services, assistive listening devices, or other considerations should be made through the IHSS Public Authority at (916) 875-4057 no later than five working days prior to the meeting.

## **VACANCIES ON THE IHSS ADVISORY COMMITTEE**

**ARE YOU WILLING TO VOLUNTEER YOUR TIME TO SERVE ON AN ADVISORY COMMITTEE?** The Sacramento County IHSS Advisory Committee has 2 consumer vacancies. If you are willing to donate time and energy to improve the IHSS Program, please call the IHSS Public Authority at (916) 874-2888.

## **HAPPY 10<sup>TH</sup> ANNIVERSARY PUBLIC AUTHORITY**



October 2010 marked the 10<sup>th</sup> Anniversary for the IHSS Public Authority, an occasion celebrated by the Board of Supervisors on November 9, 2010. County Supervisor Roberta McGlashan presented a Resolution to acting agency Director Rick Simonson and former Executive Director Bernadette Lynch recognizing the agency's outstanding service to the IHSS program and the Sacramento community.



# Education

## THE IMPORTANCE OF READING

by Yesenia Ramirez  
IHSS Public Authority Intern

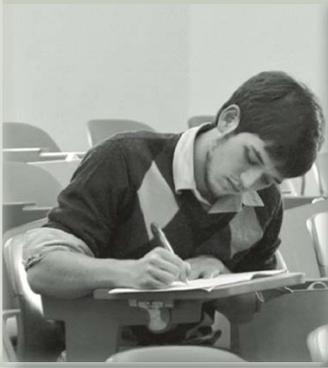
Reading has been an activity we loved at all stages in our lives. Some of us learned to read because we had to in school and others because we chose to, but no matter the reason the benefits are the same. Reading stimulates our cognitive ability and nourishes our brain's ability in the same way that food nourishes our body. It keeps the brain working to improve vocabulary, focus, concentration, and creativity. If one day you find yourself bored, pick up a book and see where it can take you.

Here are a few caregivers, consumers and staff who have taken a survey on what they are reading:

Name/ Job title	Book	Why you chose/ like this book?
Amanda Juarez Human Services Specialist	<b>Like Water for Chocolate</b> by Laura Esquivel	"I love how this book intermingles cooking and recipes with family tradition and forbidden love."
Bianca Garcia IHSS Provider	<b>Twilight</b> by Stepahine Meyer	"I love the movie...book was great"
Colette Ryder Student/ Provider	<b>Fly Girl</b> by Omar Tyree	"This book is about a girl and her life. It is very interesting and graphic."
Francisco Godoy Advisory Committee/ IHSS Consumer	<b>Social Work and Psychology books</b>	"I like them because they taught me how to work with people and their problems and how to do assessments."
Kimberly Jackson IHSS Provider	<b>Having Faith</b> by Sandra Steingraber	"Because it's a story about having faith in God and the power of prayer."
Marcus Anthony Hand IHSS Provider	<b>The Bridge to Therabithia</b> by Katherine Paterson	"I think it reaches all the kids at heart."
Sylvia Vigil IHSS caregiver	<b>Bible (Book of Daniel)</b> by God	"It tells me a lot of things I don't know and makes me think."
Tang Thao BSW Intern	<b>Still Life with Rice</b> by Helie Lee	"Talks about the tragedies of war; especially the tragedies families face."
Tonya Edelman, MSW Caregiver Class Instructor	<b>Nine Short Stories</b> by J.D. Salinger	"These short stories ignite the imagination and are short enough to read in small amounts of time, which is what I seem to have lately!"



## THE TEST TO BEAT STRESS



Have you ever heard a flight attendant’s instructions about how to survive an emergency? They always tell you to put your oxygen mask on first – before you tend to anyone else– if cabin pressure drops. The attendants are just reminding us of what we already know; we can’t take care of anyone else if we aren’t taking care of ourselves.

This month, we want to invite you to take this short self-assessment that was designed to determine the emotional and physical well-being of caregivers. Your score can help you decide whether it might be time to seek support and assistance.

### TAKE THE TEST

**During the past week or so I have.....**

(Circle Yes or No)

1. Had trouble keeping my mind on what I was doing.....Y N
2. I couldn’t leave my consumer all alone.Y N
3. Had difficulty making decisions.....Y N
4. Felt completely overwhelmed.....Y N
5. Felt lonely.....Y N
6. Been upset that my consumer has changed so much from their former self..Y N
- 7 Felt a loss of privacy or personal time..Y N
8. Been edgy or irritable.....Y N
- 9 Had sleep disturbed because of caring for my relative.....Y N
10. Had crying spells.....Y N
11. Felt strained between work and family responsibilities.....Y N
12. Had back pain.....Y N
13. Felt ill.....Y N
14. Found my consumer’s living situation to be inconvenient or a barrier to care....Y N

### SCORE

If you answered “YES” to 8 or more questions, you are likely experiencing high levels of distress and burnout.

### TAKE ACTION

- Consider seeing a doctor for a check-up for yourself.
- Consider getting some caregiving respite (you might wish to discuss caregiver alternatives with a doctor or social worker).
- Consider joining a support group.

### CAREGIVER RESOURCES

Eldercare locator: A national directory of community resources

[www.aoa.gov](http://www.aoa.gov) / 1-800-677-1116

Family Caregiver Alliance

[www.caregiver.org](http://www.caregiver.org) / 1-415-434-3388

National Alliance for Caregiving

[www.caregiving.org](http://www.caregiving.org) / 1-301-718-8444

National Family Caregivers Association

[www.nfcares.org](http://www.nfcares.org) / 1-800-896-3650

National Information Center for Children and Youth with Disabilities

[www.nichcy.org](http://www.nichcy.org) / 1-800-695-0285



# Learning

## Class Schedule

### January 2011 Classes

<b>Points for Providing Personal Care/Wheelchair Users-</b> Helpful tips for mouth care, bathing, feeding, dressing, and grooming.	1/12/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Resources for Adult Independence-</b> There are a multitude of resources and services to assist adults with delays or disabilities maintain their independence. Be sure you know about them by attending this class.	1/19/10	Wed.	5:30-7:30pm
	Alta Regional & Resources for Independent Living		

### February 2011 Classes

<b>Home Safety and Universal Precautions-</b> Stay safe on the job and injury free by applying these tips and hints.	2/02/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Understanding Diabetes-</b> Diabetes is the fastest-growing chronic disease in America. This class provides information about the causes, treatment and care for the adults with this diagnosis.	2/09/10	Wed.	5:30-7:30pm
	Tami Mac-Aller- California Diabetes Program		
<b>Update on Medicare and Legal Services-</b> Learn about Medicare and related coverage and obtain information and resources about legal problems affecting the elderly or those with limited incomes.	2/16/11	Wed.	5:30-7:30pm
	HICAP staff / McGeorge Law Clinic, Professor Melissa Brown		

### March 2011 Classes

<b>Understanding Alzheimer and Dementia-</b> Overcome difficulties in caring for consumers with cognitive impairments.	3/02/11	Wed.	5:30-7:30pm
	Denise Davis, Alzheimer's Assn.		
<b>Community Resources to the Rescue!</b> - Learn about programs that can be of help to caregivers and consumers.	3/16/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

### April 2011 Classes

<b>Understanding Domestic Violence and Caregiving Impact-</b> Recognize the signs and types of domestic violence and learn more about resources and intervention.	4/06/11	Wed.	5:30-7:30pm
	Roger Freeman, W.E.A.V.E. Women Escaping a Violent Environment		
<b>How to Talk to Your Doctor-</b> Help your consumer manage medical appointments and medication.	4/20/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

### \*\*\*CLASS LOCATION\*\*\*

IHSS Public Authority Offices are located at 3700 Branch Center Road, Sacramento, CA 95827  
 Fax: (916) 875-0946 Training line: (916) 876-5173 E-mail: IHSS-PA-Education@saccounty.net  
 Website: [www.sacihsspa.net](http://www.sacihsspa.net)

# Matters



## May 2011 Classes

<b>Nutrition for the IHSS Consumer-</b> Shopping and eating tips to support good health.	5/04/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Consumer Cooperation: How to Get It and Keep It!</b> - Part 2 of "Dealing with Difficult Behaviors." This class addresses such common problems as refusal to eat, take medication, and take a bath and other difficult areas.	5/11/11	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN Sutter Senior Care PACE		

## June 2011 Classes

<b>Beat the Heat and Disaster Preparedness-</b> How to protect your consumer from heat related illness, as well as prepare yourself and client for any natural or other disaster.	6/08/11	Wed.	5:30-7:30pm
	Tetra Martinez, Sacramento County		
<b>Mobility and Fall Prevention-</b> Learn about conditions that can lead to falls and how to prevent accidental falls in the home.	6/15/11	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Core Class Graduation-</b> Congratulations Graduates! This event honors caregivers who have completed one class from each of the six core class categories.	6/22/11	Wed.	5:30-7:30pm
	IHSS Public Authority		

### *What is a Core Class?*

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. 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.

The following are the six (6) Core Classes categories:

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



= CORE Class

Have you completed all six core classes but have not heard from us yet? Please call Debra Larson at (916) 876-7592 if you think you are eligible to participate in the core class graduation.

### CARE FOR A MOVIE???



**CAREGIVERS!** You are invited to join your fellow caregivers for a movie, snacks and laughter on the last Wednesday of the month. No costs to pay, no tickets required, just come and have a good time!

**When:** 4<sup>th</sup> Wednesday of the month  
**Time:** 5:30 p.m.  
**Where:** IHSS Public Authority Office  
 3700 Branch Center Road  
 Sacramento, CA 95827

#### Upcoming Dates

January 26, 2011  
 February 23, 2011  
 March 30, 2011  
 April 27, 2011  
 May 25, 2011  
 June 29, 2011



# TRAINING MATTERS

## A TIMELESS MESSAGE

*IHSS Fraud Task Force*

Some messages just never seem to get old. They are those

little life lessons like, "A penny saved is a penny earned."

Based on fraud complaints we regularly receive, we would like to be sure you know one way you can to protect IHSS funding and avoid claiming unauthorized hours:

### A provider cannot claim IHSS service hours when their consumer is:

- Hospitalized
- Living or temporarily residing in skilled nursing
- Deceased

## RESTRICTIONS

If your client is no longer in their home because of the above, you **CANNOT**

- Claim hours for assisting them~ not even if you sit at their bedside or translate for skilled nursing facility staff.
- Claim hours for checking on their home or pets or helping with their bills while they are away, even if they ask you to do those things. You can always help out of the kindness of your heart, but cannot put those hours on your timesheet.
- Claim for hours worked after a client has died.

If you believe that your client requires care while out of the home, you **must** get advanced approval from the consumer's IHSS social worker. Claiming unauthorized hours helps avoid being investigated by IHSS fraud, and/or repaying the program for an unauthorized claim. Just like the old adage says, "An ounce of prevention is worth a pound of cure."

For questions or to report IHSS Fraud, call (916) 874-4790 or email us at [ihssfraud@sacda.org](mailto:ihssfraud@sacda.org).

## CONTACTING PAYROLL

Attention IHSS Caregivers and Consumers! Here are four tips for how to make the program work for you.

*by Mike Andreozzi  
In-Home Supportive Services*

## FASTEST TIMESHEET PROCESSING

- Fill out your timesheets completely
- Use legible handwriting
- Make sure to have the proper signatures.
- Delete providers who are no longer working for you by completing the proper 513 paperwork
- Obtain SAS 1207 for adding and deleting providers on-line at: [www.sacihsspa.net](http://www.sacihsspa.net)

## FASTEST CALLS~ (916) 874-9741

All calls to IHSS are being routed through a centralized number (916) 874-9471. Select the prompt that most reflects your need, whether it is a question for your social worker, a payroll question, or a request to change your address, etc. If you are prompted to leave a message, speak slowly and clearly, spell your name and make sure to leave a contact telephone number. It may take up to four working days for you to get a return call.

**NOTE:** Social Workers are not returning messages from their individual lines.

## LOCATION

All IHSS program staff are now located at 9750 Business Park Drive, Sacramento 95827. Lobby hours are from 9am -4pm, Monday through Friday. If you visit the office you will likely have a long wait due to reduced staffing. We recommend avoiding an office visit if possible-instead use the telephone tree.



Please check  
classes you will  
attend.

# Registration



## January 2011

Points for Providing Personal Care /Wheelchair Users	1-12-11	Wed.	5:30- 7:30pm	<input type="checkbox"/>
Resources for Adult Independence	1-19-11	Wed.	5:30- 7:30pm	
Movie Night	1-26-11	Wed.	5:30pm	

## February 2011

Home Safety and Universal Precautions	2-02-11	Wed.	5:30 - 7:30pm	<input type="checkbox"/>
Understanding Diabetes	2-09-11	Wed.	5:30 - 7:30pm	
Update on Medicare and Legal Services	2-16-11	Wed.	5:30 - 7:30pm	
Movie Night	2-23-11	Wed.	5:30pm	

## March 2011

Understanding Alzheimer and Dementia	3-02-11	Wed.	5:30 - 7:30pm	
Community Resources to the Rescue!	3-16-11	Wed.	5:30 - 7:30pm	<input type="checkbox"/>
Movie Night	3-30-11	Wed.	5:30pm	

## April 2011

Understanding Domestic Violence and Caregiving Impact	4-06-11	Wed.	5:30 - 7:30pm	
How to Talk to Your Doctor	4-20-11	Wed.	5:30 - 7:30pm	<input type="checkbox"/>
Movie Night	4-27-11	Wed.	5:30pm	

## May 2011

Nutrition for the IHSS Consumer	5-04-11	Wed.	5:30- 7:30pm	<input type="checkbox"/>
Consumer Cooperation: How to Get It and Keep It!	5-11-11	Wed.	5:30 - 7:30pm	
Movie Night	5-25-11	Wed.	5:30pm	

## June 2011

Beat the Heat and Disaster Preparedness	6-08-11	Wed.	5:30 - 7:30pm	
Mobility and Fall Prevention	6-15-11	Wed.	5:30 - 7:30pm	<input type="checkbox"/>
Core Class Graduation	6-22-11	Wed.	5:30 - 7:30pm	
Movie Night	6-29-11	Wed.	5:30pm	

**To enroll in classes, complete and return this form. Register Early! Walk-ins welcome as space permits.  
For more information, please call: (916) 876-5173 or visit our website at [www.sacihsspa.net](http://www.sacihsspa.net).**

PLEASE FILL OUT ENTIRE PAGE AND FAX OR MAIL TO THE ADDRESS ON THIS FORM

<b>Name:</b>		Please Print Clearly!
<b>Mailing Address:</b>		
<b>Phone #:</b>		
<b>E:mail:</b>		
<b>Last 6 of SSN:</b>	XXX-____-_____	<i>The last 6 numbers of your social security number required to obtain credit</i>



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 IHSS Public Authority  
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 Sacramento, CA 95827

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**IHSS General Information**  
 (916) 874-9471

**IHSS Caregiver Registry**  
 (916) 874-4411

**IHSS Caregiver-Consumer Education**  
 (916) 876-5173

**IHSS Payroll**  
 (916) 874-9805

**Governing Board**  
 Phil Serna  
 District 1  
 Jimmie Yee  
 District 2  
 Susan Peters  
 District 3  
 Roberta MacGlashan  
 District 4  
 Don Nottoli  
 District 5

**DHHS Ombudsman**  
 (916) 875-2000

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## SPOTLIGHT: BENEFITS CHECKUP



Do you or someone you know need help identifying benefits for which you may be eligible? Many seniors—especially those with limited

incomes – are eligible for, but are not receiving, benefits from existing federal, state and local programs. Sometimes older people may not know about existing programs or may not know how to apply for these programs, which range from prescription savings, energy assistance or income supplements to affordable housing or assistance in paying for prescription drugs.

Developed and maintained by The National Council on Aging (NCOA), Benefits CheckUp is the nation’s most comprehensive web-based service to screen for benefits programs for seniors with limited income and resources.

The website includes more than 2,000 public and private benefits programs from all 50 states and from the federal government. Benefits CheckUp can help locate eldercare assistance. Need an application form? Many applications are available on the website.

As of Tuesday, October 5, 2010 Benefits CheckUp has helped 2.5 million people find over \$8.9 billion worth of annual benefits they were entitled to have. The website is frequently updated to reflect changing program eligibility standards, so you may want to check and see if the guidelines for programs you are interested in have changed.

**Visit Benefits CheckUp at <https://www.benefitscheckup.org>**