

CARING

January-June 2016

MATTERS

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

NEWS AND UPDATES

OVERTIME PAY BEGINS FEBRUARY 1, 2016

Recent court rulings have led to the implementation of IHSS provider pay for overtime, travel time between recipients and payment for wait time while a recipient is at medical appointments (under certain circumstances). Overtime, travel and wait time pay begins February 1, 2016.

HOW OVERTIME PAY WORKS:

- Overtime pay will be for hours worked beyond 40 hours per week and will be at a rate of one and a half times the county hourly pay rate
- There are caps to the amount of overtime a provider may claim. Recipients and providers will be receiving letters from the State that explain the caps
- Travel time pay between recipients is limited to 7 hours per week
- Note: Effective May 1, 2016, if a provider exceeds the hours and/or travel time limitations, there will be penalties

Beginning February 1, the IHSS timesheets will change slightly to better administer overtime payments. Hours that were already worked for any week prior to the current pay period will be printed on the timesheet to help avoid claiming hours that exceed the weekly caps.

New forms will be required for providers working for more than one recipient and recipients that have more than one provider. See inside this edition of Caring Matters for additional information about these forms.

The county will be offering daily IHSS timesheet workshops for providers and recipients (workshop attendance is not required). Information, timesheet assistance and forms will be available at workshops as follows:

IHSS TIMESHEET WORKSHOPS:

**WHEN: Monday – Friday (except County holidays) at 10:00 am
February 1, 2016 through March 15, 2016**

WHERE: 9750 Business Park Drive, Suite 104, Sacramento, CA

Watch the mail for information from the California Department of Social Services.

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PROVIDER

IHSS OVERTIME PAY INFORMATION FOR IHSS PROVIDERS

All providers will receive a new Provider Enrollment Form (SOC 846). A signed copy must be returned to the following address no later than April 15, 2016. If you did not receive this document in December, please call IHSS Payroll at **(916) 874-9805** for a replacement (follow prompts to reach Payroll). These forms will also be available at the timesheet workshops (see cover page).

**Sacramento County IHSS Payroll
PO Box 269131
Sacramento, CA 95826**

NEW OVERTIME REGULATIONS

Under the new regulations, an IHSS provider working for only one IHSS recipient may be paid up to the weekly authorization of the recipient. The weekly authorization is determined by dividing the recipients monthly authorization by 4.

- For example if the monthly authorization is 100 hours, the weekly authorization is 25 hours (100 / 4 = 25)

However, if you are working for more than one IHSS recipient, total paid hours are limited to 66 hours per week total for all recipients. (40 regular hours and 26 overtime hours equals 66 hours)

Workweek & Travel Time Agreement (SOC 2255) will be sent to providers with multiple recipients by the Department of Social Services for completion. The SOC 2255 must be completed and returned to the county payroll office in order for eligible providers to receive travel time pay.

TRAVEL TIME PAY

Providers who work for more than one recipient will be eligible for travel time payment when they travel between recipients to provide IHSS on the same day.

- Travel time is capped at 7 hours per week
- The travel time is in addition to the service hours cap. A new travel claim form will be used to claim travel time and sent to the eligible provider (there is no mileage reimbursement)

MEDICAL APPOINTMENT WAIT TIME PAY

Wait time for medical appointments will be a part of the recipients authorized hours if they are assessed to have a need for this service. If you work for more than one recipient, a Provider Workweek & Travel Time Agreement (SOC 2255) will be sent to you for completion.

Providers will receive violations for exceeding any of the newly established limits. Please review page four (4) with consequences for each violation.

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EARNED INCOME TAX CREDIT WORKSHOPS

John Kozitza, ASOB
IHSS Public Authority



As the New Year begins, it is a good time to think about filing federal taxes. The Federal Earned Income Tax Credit (EITC) is a benefit for which many IHSS providers and recipients with earned income will qualify.

The County of Sacramento Department of Human Assistance (DHA) has partnered with the *United Way Capital Region Northern California* to offer the Volunteer Income Tax Assistance (VITA) Program. This program offers a free income tax preparation service to moderate and low-income working individuals and families with the emphasis on claiming the federal Earned Income Tax Credit.

EARNED INCOME AND ADJUSTED GROSS INCOME (AGI) BOTH MUST BE LESS THAN:

- \$47,747 (\$53,267 married filing jointly) with three or more qualifying children, maximum credit: \$6,242
- \$44,454 (\$49,974 married filing jointly) with two qualifying children, maximum credit \$5,548
- \$39,131 (\$44,651 married filing jointly) with one qualifying child, maximum credit \$3,359
- \$14,820 (\$20,330 married filing jointly) with no qualifying children, maximum credit \$503

***Investment Income must be \$3,400 or less for the entire year**

The State of California has implemented CalEITC which will be beneficial for all those whose income does not qualify for the Federal EITC. Qualified California tax payers can receive up to \$573.

EARNED INCOME AND ADJUSTED GROSS INCOME (AGI) BOTH MUST BE LESS THAN:

- \$6,580 if there are **no** qualifying children
- \$9,880 if there is **one** qualifying child
- \$13,870 if there are **two or more** qualifying children

***Investment Income must be \$3,400 or less for the entire year**

DHA VITA Sites will be operating from 2/01/16 - 3/30/16. Appointments and walk-ins will be accepted at all four (4) locations; appointments will have priority. All DHA Sites will be closed February 12th, 13th and 15th: **Call the Sacramento Info Line 2-1-1, or (916) 498-1000 to make an appointment.**

| Bureau | Mon | Tues | Wed | Thurs | Fri | Sat |
|------------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|
| 2700 Fulton Ave. | 5:00 pm to 8:00 pm | | 5:00 pm to 8:00 pm | | | 9:00 am to 1:00 pm |
| 5747 Watt Ave. | 5:00 pm to 8:00 pm | | | 5:00 pm to 8:00 pm | | 9:00 am to 1:00 pm |
| 2450 Florin Rd. | | 5:00 pm to 8:00 pm | | | 5:00 pm to 8:00 pm | 9:00 am to 1:00 pm |
| 10013 Folsom Blvd N100 | | 5:00 pm to 8:00 pm | | 5:00 pm to 8:00 pm | | 9:00 am to 1:00 pm |

PLEASE NOTE: The IHSS Public Authority does not provide tax advice. If you have any questions regarding your taxes, please check with the IRS or a tax professional.



RECIPIENT

IHSS OVERTIME PAY INFORMATION FOR IHSS RECIPIENTS

If an IHSS provider works more than 40 hours per week, overtime pay will apply. It will also apply if your provider works for more than one IHSS recipient. In this instance, overtime will be paid for all worked hours combined, however your provider cannot claim more than 66 hours per week total for all the recipients they work for. If your provider works for someone else, it is important you understand these limitations. You will be sent a Workweek Agreement (SOC 2256) to list all the providers and assign hours for each one.

If your provider's regular weekly work hours exceed 66, you may need to find an additional provider. If an additional provider is needed, you may select someone you know and, if they are not already a provider, they will need to attend an IHSS provider orientation. If you do not know someone, please contact the Sacramento County IHSS Registry for a list of providers who have completed the provider enrollment process. The Registry may be reached at (916) 874-4411 or by email at: IHSS-PA-Registry@saccounty.net.

If you have been identified by the state as having more than one provider, the Department of Social Services will mail you the SOC 2256. Watch the mail, fill out the form, and mail it back to the address provided.

SEE BELOW FOR PENALTIES THAT WILL BE LEVIED ON PROVIDERS FOR PROGRAM VIOLATIONS. IF AN IHSS PROVIDER IS TERMINATED FOR PROGRAM VIOLATIONS, YOU WILL NEED TO MAKE ARRANGEMENTS FOR AN ALTERNATE PROVIDER.

CONSEQUENCES FOR VIOLATION OF WORKWEEK AND TRAVEL TIME LIMITS

| | |
|----------------------|---|
| 1st Violation | Notice of the violation with appeal rights information |
| 2nd Violation | Notice of violation and the provider will have a choice to complete a one-time training about the workweek and travel limits. If the provider chooses to complete the training, they will avoid the second violation. If they choose not to complete the training within 14 calendar days of the date of the notice, they will be sent a notice of their second violation |
| 3rd Violation | A three-month suspension as an IHSS provider |
| 4th Violation | A one-year termination as an IHSS provider |

****For every year working as an IHSS provider without a further violation, any prior violations will be reduced by one. ****



MATTERS

DEMENTIA/ALZHEIMER'S VS. AGE-RELATED CHANGES

Mary-Ann Cowan, Social Worker
IHSS Public Authority

DE•MEN•TIA: noun

1. severe impairment or loss of intellectual capacity and personality integration, due to the loss of or damage to neurons in the brain."



Recently I reviewed a pamphlet courtesy of the Alzheimer's Association and I was able to answer these questions to these very important differences. I want to thank the Alzheimer's Association for putting out this important information and being a valuable community resource for those afflicted with Alzheimer's or Dementia.

The following are tools that may be able to assist you in understanding the difference between typical age-related changes and Alzheimer's/Dementia.

AGE RELATED CHANGES VS. ALZHEIMER'S/DEMENTIA

| TYPICAL AGE-RELATED CHANGES | SIGNS OF ALZHEIMER'S/DEMENTIA |
|--|---|
| Forgetting what day it is and remembering it later | Losing track of the date or season |
| Making a bad decision every so often | Poor judgment and decision making |
| Missing a monthly payment | Inability to manage a budget |
| Occasionally forgetting which word to use | Difficulty having a conversation |
| Losing things once in a while | Missing items and being unable to re-trace the steps to find them |

THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE

1. Memory that can disrupt daily living
2. Withdrawal from social activities or work
3. Difficulty completing daily/familiar tasks
4. Challenges solving problems or planning
5. Confusion with time and place
6. Experiencing trouble understanding spatial relationships or visual images
7. New problems with writing and speaking
8. Misplacing items and being unable to re-trace steps
9. Decreased or poor judgment
10. Changes in personality and mood

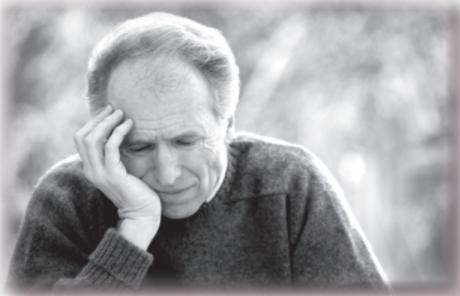
If you would like more information on the memory loss warning signs, or further information about Alzheimer's Disease or Dementia, please contact the Alzheimer's Association at 1-800-272-3900 or visit alz.org/10signs.



HEALTH

LEARNING TO LET GO OF WORRY

*Diane Gonzalez, Supervisor
IHSS Public Authority*



We all know that life is not perfect. We have all faced the fact that things do not go the way we want them to. The hard part of life is not how we control those things but rather how we determine when it's time to let go!

If you are like most people you probably spend more time worrying than you should. You worry about your health, retirement, shrinking budgets, children and grandchildren's safety, even the drought. Some things we can control, others like the drought for example we clearly cannot. It is estimated that 92% of the things people worry about are beyond their control.

If you are concerned about your health or a loved one's health, seek medical advice, exercise regularly if possible, eat a well-balanced diet, refrain from smoking, etc. What if you learn that your loved one has a life threatening illness? You can't control that, and yes you're going to worry, but you can make informed choices about treatment, you can make good choices and seek help, support and guidance from family, friends, medical or mental health professionals, and/or support groups.

On the other hand if you have sleepless nights worrying about the safety of your grandchild who is attending college out of state, or whether the drought will come to an end and torrential rain will hit, understand that there's no action you can take to change these circumstances. You cannot control these things; worrying about them just causes unnecessary stress and can affect your overall attitude and health.

WOR•RY: verb

- 1. Give way to anxiety or unease; allow one's mind to dwell on difficulty or troubles.**
- 2. A state of anxiety and uncertainty over actual or potential problems.**

Webster's dictionary

Worriers will tell you that their worries are very serious, but in truth, many worrying minds are simply running on a habit of worry. Some people get into a trap where the worries take on a life of their own. What is needed is to interrupt the worry habit.

The first step is to realize that you are worrying! Once you are aware that you're worrying, actually say out loud (or loudly to yourself in your head): STOP!

MATTERS



STRATEGIES FOR LETTING GO OF WORRY

*Diane Gonzalez, Supervisor
IHSS Public Authority*

Start making positive changes by trying some of the following strategies:

1. CALL A FRIEND TO TALK ABOUT YOUR WORRY

Talking about your worry will help you get your head straight about whether your worry is realistic, worth worrying about, and something you can actually do something about. It will help you understand that there's no point worrying about it if the outcome is out of your hands. So talk about it, discuss your concerns, and let it go.

2. DISTRACT YOURSELF WITH ANOTHER ACTIVITY

When you really can't stop worrying about something, go and do something completely unrelated that forces you to focus on something else. Choose something that you can get fully immersed in, such as reading a fantastic book, working on a hobby such as knitting, painting, working on a puzzle, a scrap book, or another enjoyable activity.

3. EXERCISE

Doing some kind of exercise will give you a break from your worries while reducing the levels of your stress hormones. Exercise stimulates the production of feel-good chemicals, and improves your self-image. Take a walk, dance, or do chair exercises while listening to music. Music has the power to soothe the soul and help you forget your worries!

4. PRACTICE MINDFULNESS

Learning to be present will help you keep your mind focused on what you're doing now rather than worrying about things you can't change. Even simple meditation, such as 10 minutes of sitting down just focusing on your breathing, has been shown to reduce everyday stress by 39%!

5. HAVE A DESIGNATED WORRY TIME AND WORRY NOTEBOOK

If you really want to take control of your worries and you find that the above strategies don't work, allow yourself a short period of time to worry each day. Decide on a time, say 30 to 45 minutes a day, and spend your worry time writing about all your worries in your notebook. Accept that when the time is up, the worrying will have to stop. That way you will get your worries out of your head and on to the paper!

One of the traits of positive people is that they don't worry about things they can't control. The key to keeping a positive attitude in life is to know the difference.



“Worrying doesn't take away tomorrow's troubles. It takes away today's joy.”

-Anonymous



CONNECTION

MEET OUR NEW REGISTRY SPECIALIST

Shawna Crane, Social Worker
IHSS Public Authority



The IHSS Public Authority Registry matches recipients of the IHSS Program with screened providers who are looking to obtain employment by providing care to the elderly and/or individuals with disabilities. We would like to welcome our new Russian Special Skills Registry Specialist, Visiliy Derebenskiy. We asked him to share a few interesting things about himself. Please meet Visiliy:



WHAT ARE YOUR HOBBIES? “I enjoy traveling, preparing food, and reading.”

SOMETHING UNIQUE ABOUT YOURSELF THAT WILL SURPRISE SOME PEOPLE? “I was a large animal veterinarian before coming to the US.”

FAVORITE PART OF YOUR NEW JOB? “The new opportunity to help those in need, and also helping the Slavic community in a new way.”

Visiliy
Derebenskiy

WHAT INSPIRES YOU TO BE YOUR BEST SELF? “Seeing or making others happy!”

: PLEASE NOTE: :

Not all IHSS providers are part of the Registry. If you would like more information about how to become a provider with the Registry, please visit our website at www.pubauth.saccounty.net and click on the Registry link.

THE 411 ON PROVIDER ENROLLMENT

All new providers who wish to be paid by the IHSS Program must attend a Provider Enrollment orientation. New providers and their interpreters only should attend, (please no recipients, children, family, or friends). If you would like additional information and details about Provider Enrollment, please visit our website at www.pubauth.saccounty.net and click on the Provider Enrollment link. Oral and written materials are available in English, Russian and Spanish. Please visit the website to locate what forms are available in alternate languages.

WHEN: Tuesday, Wednesday and Thursday mornings at 9:00 AM

(Please arrive early as the orientation will begin promptly at 9:00 A.M., or earlier when room capacity is reached. Late arrivals will not be admitted. Please allow 2.5 to 3 hours.)

WHERE: The IHSS Public Authority office
3700 Branch Center Road, Suite A
Sacramento, CA 95827

WHAT DO I NEED TO BRING:

- **Your unexpired, U.S. government-issued photo ID:** (e.g. driver’s license, state-issued ID card, U.S. passport, or military ID) and your **original** Social Security card
- **The required Provider Enrollment forms:** Locate forms on our website or at orientation. To save time, check on the website to see which form needs to be filled out and signed by recipient and submitted to the IHSS Public Authority before Provider Enrollment is completed.

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IHSS ADVISORY COMMITTEE

*Joe Samora, Chair
IHSS Advisory Committee*

PLEASE JOIN CHAIR JOE SAMORA ON THE IHSS ADVISORY BOARD!



My health care journey began decades ago when I served as a church deacon. The duties included visiting shut-ins and chronically ill patients. Years later, I was grateful for the experience when my wife was diagnosed with ALS (Lou Gehrig's disease). You become selfless and focus on 24/7 personal caregiving. I eventually became the Patients Services Chair and served on the Greater Sacramento ALS Association Board of Directors for several years.

I was a state archivist for the California State Archives and retired after 34 years. I re-married and combined we have three children, seven grandchildren and one great-grandchild.

Since 2001, I have served as a Community Chaplain, volunteered at Shriners Children Hospital, served on the Adult and Aging Commission and the County Grand Jury. As a Commissioner, I chaired the Elder and Dependent Adult Abuse Case Reviews, Oversight, and Program Review and Outreach Development Committees. I was also a member of the Executive and Nominating Committees.

I decided to apply to serve on the IHSS Advisory Board to learn more about the county In-Home Supportive Services as I recall an incident when I had to deliver a communication device to an ALS patient and became aware that the provider was overwhelmed and needed more help. I wondered what could I do to make sure patients and providers receive the help they need. I urge recipients and providers to volunteer to serve and make a difference in your care and the care of others.

THE IHSS ADVISORY COMMITTEE MEETINGS:

WHEN: The third Wednesday of each month from 1:00 – 3:00 pm

WHERE: 9750 Business Park Drive, Suite 104, Sacramento, CA 95827

For those who need assistance in getting to meetings, Paratransit and/or taxi service is available. For those who drive to meetings, mileage costs are reimbursed.

FOR FURTHER INFORMATION OR AN APPLICATION:

CALL DEANNA: (916) 875-2005

EMAIL: HHS-PA@saccounty.net

VISIT THE WEBSITE: www.pubauth.saccounty.net

(Click on the Advisory Committee at the top of the page.

An application is linked to this page).



EDUCATION

CORE CLASS GRADUATION / 2-1-1 VS. 311 RESOURCE LINES



CONGRATULATIONS CORE CLASS GRADUATES!

The IHSS Public Authority applaud the efforts and dedication of our 2015 CORE class graduates. There was a total of 43 (not all pictured) graduates invited. Their accomplishments have strengthened their knowledge and skills, therefore enhancing the services provided to the recipients.

Top row: Randy Reis, Rosalie Lupo, Olena Ryabets, Christina Salcido, Lucretia Gomez, Varetta Gardner, Caroline Eccel, Alice Noble, Mary-Ann Cowan (PA), Norma Garrett, Svitlana Losifdi, Linda Myers

Middle Row: Audrey Simmerman, Maria Regina Torcedo, Evelina Ryabets, Carolyn Arnold, Phuong Nguyen, Brunilda Rocha, Sharon Jensen, Rehana Qureshi, Khan Khadija

Front row: Francisco Rodriguez, Lorna Schrader, Richard Park, Monica Orozco

A special THANK YOU to SEIU for sponsoring this event.

2-1-1 OR 311? WHAT IS THE DIFFERENCE?

2-1-1 HELPLINE

2-1-1 puts you in touch with the services you need! Dial 2-1-1 for free 24 hour information for people looking for community resources, health and social services. Callers receive personalized information from a live resource specialist. All calls are confidential and available in more than 150 languages! They offer more than 1,600 community services in the Sacramento area!

WHAT ARE SOME OF THE SERVICES AVAILABLE?

- Housing Information
- Senior Services
- Food Programs
- Health Care Services
- Counseling Services
- Children's Services
- And many more!!!

Phone: 2-1-1 or 1-800-500-4931

Website: www.211sacramento.org

311 CALL CENTER

311 is an easy to remember phone number that Sacramento residents within the city limits can use to request services, report problems or get information from local government. Live representatives are ready to assist you 24 hours a day, 7 days a week. Translation services are available in over 150 languages and dialects.

WHAT ARE SOME OF THE SERVICES PROVIDED?

- Broken Parking Meters
- Garbage & Dumping
- Code violations
- (e.g. Water User Complaints & Graffiti)
- Vehicle Complaints
- Streets & Lighting
- Animals

Email: 311@cityofsacramento.org

Phone: 2-1-1 or (916) 808-8563 TTY or

(916) 264-5011 (outside city limits)

Website: www.cityofsacramento.org (click 311 tab)

MATTERS



MEDI-CALFRESH SERVICE CENTER

*Diane Gonzalez, Supervisor
IHSS Public Authority*

If you are receiving Medi-Cal and or CalFresh benefits from Sacramento County Department of Human Assistance, you no longer have to go in to an office. Just call the Medi-CalFresh Service Center for all your needs. Anyone who answers the Medi-CalFresh Service Center line can help you.

WHAT IS THE PHONE NUMBER?



- (916) 874-3100
- (209) 744-0499 (for those in 209 area code)
- (916) 874-2599 TDD/TTY, Hearing Impaired

WHAT INFORMATION CAN BE PROVIDED BY PHONE?

- Application or status of your case (including Share of Cost)
- Current and prior benefit amounts
- Request a reporting form
- Verify reporting form received
- Request a Medi-Cal verification letter
- Request replacement BIC (Medi-Cal card)

IS ASSISTANCE AVAILABLE IN OTHER LANGUAGES?

Yes, you may select the following languages when calling the Service Center.

- English • Spanish • Chinese • Vietnamese • Farsi • Russian

REBUILDING TOGETHER

REBUILDING TOGETHER SACRAMENTO OFFERS PROGRAM TO CREATE SAFE AND HEALTHY HOMES



Thousands of residents in Sacramento County are seniors or adults with disabilities, who are at risk due to multiple safety and health hazards in their homes. Rebuilding Together's Safe at Home program helps residents age safer at home, by installing safety and accessibility features, such as grab bars and shower and bath aids, which can reduce falls by 50%.

The Safe at Home program is available for free to qualified low-income households located in most communities in Sacramento County, and is available for a reasonable fee for those above the income guidelines. Rebuilding Together Sacramento is a non-profit that preserves and revitalizes homes and communities to ensure that people who are low-income, elderly, disabled or families with children, live independently in comfort and safety.

Call (916) 455-1880 to find out if you or your family member is eligible. If you are interested in being a Rebuilding Together volunteer, please contact David Grantham at (916) 455-1880 ext. 3. For more information, visit www.rebuildingtogethersacramento.org.

AVAILABLE FOR LOW-INCOME HOMEOWNERS: • FREE REPAIRS • GRAB BARS • SAFETY AIDS



CLASS SCHEDULE

LEARNING

JANUARY 2016 CLASSES

| | | | |
|---|---|--------|-------------|
| Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient. | 1/21/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |

FEBRUARY 2016 CLASSES

| | | | |
|---|-------------------|--------|-------------|
| Importance of Foot Care- Feet are important! Learn more about common foot problems and treatments. | 2/4/16 | Thurs. | 5:30-7:30pm |
| | Dr. Karen Romines | | |

| | | | |
|--|---|--------|-------------|
| Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints. | 2/18/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |

MARCH 2016 CLASSES

| | | | |
|---|---|--------|-------------|
| Community Resources to the Rescue! - Learn about programs that can be of help to providers and recipients. ***El Hogar and Shields Healthcare*** | 3/10/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |

| | | | |
|--|--------------------------------------|--------|----------------|
| Dealing with Grief and Bereavement- Losing a loved one or recipient can be difficult. Learn tools to help you through the process of grief and promote healing. | 3/24/16 | Thurs. | 5:30-7:30pm ** |
| | Don Lewis, U.C. Davis Medical Center | | |

APRIL 2016 CLASSES

| | | | |
|---|--|--------|-------------|
| Understanding Alzheimer's and Dementia- Overcome difficulties in caring for recipients with cognitive impairments. | 4/7/16 | Thurs. | 5:30-7:30pm |
| | Denise Davis, Program Director for the Alzheimer's Association | | |

| | | | |
|--|---|--------|-------------|
| How to Talk to Your Doctor- Help your recipient manage medical appointments and medication. | 4/21/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |

What is a Core Class?

Core classes provide information about basic caregiving skills. When IHSS providers have taken at least one class in each of the six categories, they will be recognized for their achievement. One core class is offered every month. Look for the apple core next to classes listed on the IHSS Public Authority class schedule to identify which of the classes is a core class.

Core Class Categories

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



= CORE Class

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MAY 2016 CLASSES

| | | | |
|---|---|--------|-------------|
| Sleep Disturbances- Learn more about what causes sleep disturbances and tools to help alleviate these problems. | 5/12/16 | Thurs. | 5:30-7:30pm |
| | Ann Hatfield, LCSW | | |
| Nutrition for the IHSS Recipient- You can eat in a healthful way-even on a budget. Special attention is paid to the senior diet. | 5/26/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |

JUNE 2016 CLASSES

| | | | |
|---|---|--------|-------------|
| Mobility and Fall Prevention- Learn about conditions that can lead to falls and how to prevent accidental falls in the home. | 6/9/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff  | | |
| Developing Cultural Competence- Understanding the differences in cultural beliefs and behaviors and how it impacts caregiving and communication. | 6/30/16 | Thurs. | 5:30-7:30pm |
| | IHSS Public Authority Staff | | |

CLASS LOCATION

Classes are located at 3701 Branch Center Road, Sacramento, CA 95827
 Fax: (916) 875-0946 Training line: (916) 876-5173
 E-mail: IHSS-PA-Education@saccounty.net Website: www.pubauth.saccounty.net

****Please note that class location for the March 24, 2016 will be held at:
 3700 Branch Center Road, Sacramento, CA 95827*****

TRANSLATIONS

Core caregiving skills are important no matter what language you speak! That's why we have begun to provide materials for our CORE Caregiving Class Series in Spanish, Russian and sometimes other languages. Please bring a translator to class if one is needed. Please notify us two weeks prior to the core class if you need material translated into other languages. Classes are more accessible than ever before so don't delay – **register for class today!**

Las habilidades básicas de un proveedor son importantes - ¡No importa qué idioma hables! Es por eso que hemos comenzado a proporcionar materiales para nuestra serie de clases llamadas "CORE Caregiving" en español, ruso y a veces otros idiomas. Favor de traer un traductor a la clase si lo necesita. Favor de notificarnos dos semanas antes de la clase si usted necesita materiales traducidos en otro idioma. Las clases son más accesibles que nunca así que no se demoren – **regístrense hoy para su clase.**

Основные навыки по уходу важны независимо от того на каком языке вы говорите! Именно поэтому мы начали предоставлять материалы для Серий Основных Классов по Уходу на испанском, русском, а иногда и других языках. Если вам необходим перевод материала лекции на русский язык, пожалуйста, известите нас за две недели до начала базового(core) класса. Классы стали более доступны чем прежде, так что не откладывайте—**зарегистрируйтесь на класс сегодня!**

TRAINING MATTERS

FEATURE A TEACHER

Mary-Ann Cowan, Social Worker
IHSS Public Authority

MEET DR. KAREN ROMINES, DPM



Dr. Karen Romines has been practicing podiatry in Sacramento for 34 years. She shares a medical practice with her husband Dr. Peter Romines. Although Dr. Romines treats all ages of patients, she has specialized in geriatric foot care with a goal of maintaining foot health for as active a lifestyle as possible or preventing infections and limb loss in those with poor circulation and diabetes. Dr. Romines has taught many classes on foot care over the years, including to the IHSS Public Authority. These classes help providers learn about the importance of podiatric care in the aging population, and particularly in those people with systemic conditions that place them at risk of developing limb threatening infections and ulcerations. Education is the best way to maintain good health!

WHAT HAVE YOU ENJOYED MOST ABOUT TEACHING CLASSES FOR THE IHSS PROVIDERS?

“I have always enjoyed teaching the education class to the IHSS Public Authority caregivers/providers. The reason is right in the name - the attendees are very CARE- ing. I love being able to help people care for a loved one or provide good care to those who have been entrusted to them. I find these providers to be very attentive. They come with many good questions that prove to me they are passionate about their role in the lives of their clients or loved ones.”

WHAT IS YOUR INSPIRATION FOR EDUCATING PROVIDERS OF THE IMPORTANCE OF FOOT DISORDERS AND PREVENTION?

“My inspiration in teaching these classes is to educate on basic podiatric care in order to maintain good foot health, keep people walking or if unable to walk, prevent serious problems with the feet. My own father is 97 years old - he is a big inspiration to me as he maintains a passion for life. If I can help people in any way, and I do have a love of seniors, that relieves some concerns they are having, I am happy!”

“I have concentrated my efforts in helping people understand the importance of foot disorders and preventative care as I believe that getting down to basics, the simple things, can make such a huge difference. Frankly, there is big money in drugs/medication and surgery. Although there is a need for both, much can be avoided through education and preventative care.”

WHAT IS THE FOCUS OF THE UPCOMING CLASS TITLED, “THE IMPORTANCE OF FOOT CARE” ON FEBRUARY 4, 2016?

“The focus of the class will be to teach how we can best take care of our legs and feet. We will review arterial and venous circulation, neuropathy, diabetes and other conditions that commonly cause lower extremity problems. We will also learn about common foot problems and how to best protect the foot and prevent serious problems by knowing what to look for and when to seek treatment by a professional. I always welcome people to keep my office number and call with questions they might have after my class. I welcome the ongoing opportunity to be of help!” EMAIL: DOCS4FEET@YAHOO.COM CALL: 916-362-5344



Please check
classes you
will attend

REGISTRATION

JANUARY 2016

| | | | | |
|---|---------|--------|--------------|--|
| Points for Providing Personal Care/Wheelchair Users | 1-21-16 | Thurs. | 5:30-7:30 pm | |
|---|---------|--------|--------------|--|

FEBRUARY 2016

| | | | | |
|---------------------------------------|---------|--------|--------------|--|
| Importance of Foot Care | 2-04-16 | Thurs. | 5:30-7:30 pm | |
| Home Safety and Universal Precautions | 2-18-16 | Thurs. | 5:30-7:30 pm | |

MARCH 2016

| | | | | |
|--|---------|--------|--------------|--|
| Community Resources to the Rescue! | 3-10-16 | Thurs. | 5:30-7:30 pm | |
| Dealing with Grief and Bereavement **This class only held at 3700 Branch Center Rd, Sacramento, 95827 | 3-24-16 | Thurs. | 5:30-7:30 pm | |

APRIL 2016

| | | | | |
|--|---------|--------|--------------|--|
| Understanding the Facts on Alzheimer's Disease | 4-07-16 | Thurs. | 5:30-7:30 pm | |
| How to Talk to Your Doctor | 4-21-16 | Thurs. | 5:30-7:30 pm | |

MAY 2016

| | | | | |
|-----------------------------|---------|--------|--------------|--|
| Sleep Disturbances | 5-12-16 | Thurs. | 5:30-7:30 pm | |
| Nutrition for the Recipient | 5-26-16 | Thurs. | 5:30-7:30 pm | |

JUNE 2016

| | | | | |
|--------------------------------|---------|--------|--------------|--|
| Mobility and Fall Prevention | 6-09-16 | Thurs. | 5:30-7:30 pm | |
| Developing Cultural Competence | 6-30-15 | Thurs. | 5:30-7:30 pm | |

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, visit our website at www.pubauth.saccounty.net, or email us at IHSS-PA-Education@saccounty.net, or Fax: (916) 875-0946.

Class Location: 3701 Branch Center Road, Sacramento, CA 95827

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

Please Print Clearly!

| | | | |
|--------------------|--|------------|----------|
| Name | Last Name | First Name | |
| Mailing Address: | | City | Zip Code |
| Phone #: | | | |
| E-mail: | | | |
| Last 6 #'s of SSN: | XXX- _____ - _____ <i>The last 6 numbers of your social security number required to obtain credit</i> | | |



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

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IHSS Provider Enrollment
 (916) 875-5788

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“SAFE AT HOME PROGRAM”

*Barbara Withers, Coordinator
 Rebuilding Together*

**Sacramento Senior Says, “I Feel Safe”
 After Local Non-Profit Installs Safety Aids**

Mary, 88, has lived in Sacramento for more than 50 years. Like many seniors, her home needed some repairs to improve her safety. Living on a fixed income made it difficult. Plus, she was worried about who she could trust to make the repairs.

Two volunteers from Rebuilding Together’s, “Safe At Home Program” installed a raised toilet and grab bars in her bathroom. “The two gentlemen who did the work were so courteous. I feel safe and wonder why I waited so long,” says Mary.

The Safe at Home Program is available for free to qualified low-income homeowners and for a reasonable fee for those above the income guidelines. Call (916) 455-1880 to find out more.

**For additional information about Rebuilding Together,
 please refer to page 11.**