

# Caring Matters

January-June 2014



Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

## THE AFFORDABLE CARE ACT/COVERED CALIFORNIA



Inside

IHSS Providers may benefit from the Affordable Care Act/Covered California! On January 1, 2014, the Affordable Care Act (“ACA” also called “Obamacare”) goes into effect. The ACA provides that all Americans have access to affordable, comprehensive health insurance. In California, “Covered California” is coordinating access to ACA benefits.

**If you are uninsured, or even if you have insurance, you may want to look into options or savings under the Affordable Care Act. Here are some of the benefits:**

- Medi-Cal (Medicaid) is being expanded to include most adults and their families who are income eligible. Medi-Cal coverage has no co-payments or deductibles.
- Low-income individuals/families will be eligible for premium assistance to help pay the cost of insurance policies (to qualify for assistance, insurance must be purchased through Covered California).
- Insurance carriers will no longer be able to deny coverage for pre-existing conditions.
- All new policies must offer free preventative services (medical screenings, mammograms, colonoscopies, contraception, and more).

To find out what sort of insurance and subsidies might be available to you, the simplest starting point is: [www.coveredca.com](http://www.coveredca.com). Here you can enter basic information about you (and if applicable your family) to get information about insurance coverage and costs. If you are not a computer user, call (800) 300-1506 to speak with a Covered California representative.

There are a variety of plans available, some with high deductibles and some with no deductibles. Deductibles and co-pays cover a wide range, so it is important to determine what options are available to you. If you and/or your family currently have insurance coverage that meets the ACA requirements, you **do not** need to get new insurance (but there might be premium assistance available that would make the ACA coverage more affordable).

Exploring your options under the ACA is very important. If you and your family are not otherwise covered with appropriate health insurance, there are fines. The fine for 2014 will be one percent of a household’s yearly income or \$95 per person, whichever is greater. By 2016 the fine will grow to 2.5% of a household’s yearly income or \$695 per person/\$2085 for a family, whichever is greater. The deadline for securing coverage for 2014 (and avoiding fines) is March 31, 2014.

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# Caregiver

## MENTAL BREAKS FOR CAREGIVERS



Caregiving takes a lot of time. Even if you had spare time to daydream in the first place, it's probably gone now. However you must give yourself a mental break once in a while. The following list is intended to make you think back to a simpler time in your past, and possibly one in your future. Use them sparingly (one at a time), or be a glutton (overdose on all of them at the same time). The goal here is to make you feel better. If you really want to make yourself feel better, use this as a "to do" list. Please pass the list on to others who may need it.

- \* Laughing so hard your face hurts
- \* A hot shower
- \* Getting mail-other than bills or junk mail
- \* Taking a drive on a pretty road
- \* Hearing your favorite song on the radio
- \* Lying in bed listening to the rain outside
- \* Hot towels out of the dryer
- \* Finding the sweater you want is on sale for half price
- \* Chocolate milkshake (or vanilla!)
- \* A long distance phone call
- \* A bubble bath
- \* Giggling
- \* A good conversation
- \* The beach
- \* Finding a \$20 bill in your coat from last winter
- \* Laughing at yourself
- \* Midnight phone calls that last for hours
- \* Running through sprinklers
- \* Laughing for absolutely no reason at all
- \* Laughing at an inside joke
- \* Friends
- \* Accidentally overhearing someone say something nice about you
- \* Waking up and realizing you still have a few hours left to sleep
- \* Playing with a new pet

- \* Making new friends or spending time with old ones
- \* Having someone play with your hair
- \* Sweet dreams
- \* Hot chocolate
- \* Road trips with friends
- \* Swinging on swings
- \* Wrapping presents while eating cookies and drinking eggnog
- \* Song lyrics printed inside your new CD so you can sing along without feeling stupid
- \* Going to a really good concert
- \* Winning a really competitive game
- \* Making chocolate chip cookies
- \* Spending time with close friends
- \* Seeing smiles and hearing laughter from those friends...
- \* Holding hands
- \* Running into an old friend and realizing that some things (good or bad) never change
- \* Riding the best roller coasters over and over
- \* Watching the expression on someone's face as they open a much desired present from you
- \* Watching the sunrise
- \* Getting out of bed every morning and being thankful for another beautiful day...

# Matters



## NATIONAL CAREGIVERS' MONTH RECOGNITION

Shawna Crane, Social Worker  
IHSS Public Authority



The IHSS Public Authority was pleased to celebrate the dedication and hard work of Sacramento County caregivers at the annual National Caregivers' Month Recognition on November 5, 2013. Denise Blockman, IHSS Advisory Committee member and caregiver, accepted this prestigious proclamation on behalf of all caregivers in Sacramento.

**Anna** *What are the rewards of caregiving?*



Astapov

"I know that my client needs the help and when my client tells me 'I am like an angel!' It makes me want to do more for her. I know that I am really appreciated."

**Abdallah** *Would you encourage other people to become caregivers? Why or why not?*



Awad

"Yes, I would encourage someone who felt caregiving was their passion, and not just a job."

**Stella** *What are the rewards of caregiving?*



Chambers

"I have a gratitude for being able to nurture the client to become stronger and more independent. We have to be able to assist their needs and not our own."

**Graciela** *What surprised you most about being a caregiver?*



Jaramillo

"That there are people out there completely alone."

**Kathryn** *What are the rewards of caregiving?*



Langston

"It gives me a good feeling inside to give back."

**Susan** *What are the rewards of caregiving?*



Lopez

"I am doing what I love to do and I enjoy being around the senior population. Caregiving to me is not just a job, it is my passion."

**Estella** *Would you encourage other people to become caregivers? Why or why not?*



Pena-Murillo

"Yes, I recommend being a caregiver. It is very rewarding!"

**Erica** *What are the rewards of caregiving?*



Ramirez

"I enjoy helping people. I try to put myself into their situation and think about how one day I may need someone to take care of me."

**Bizunesh** *What surprised you most about being a caregiver?*



Tekemarian

"Getting paid for doing what I enjoy! I try all the time to just try my best. I like to smile and give the client my support."

**Brandi** *What surprised you most about being a caregiver?*



Stafford

"My experience taught me that not everyone has a rapport or empathy with their patients. You need to do it because you like people, not just for the money."

**MANY THANKS**

A special thank you to SEIU-UHW for sponsoring the National Caregivers' Month! We would also like to thank Starbucks on Bradshaw Road for donating coffee and Bel Air Supermarket on Arden Way for donating a gift card!



# Consumer

## HOW TO HIRE A CARE PROVIDER

*Stephanie Gliddon, Registry Specialist  
IFSS Public Authority*

**A**s an IHSS consumer, you can hire anyone who is able to meet your needs and successfully complete Provider Enrollment requirements. This may include a friend, family member, acquaintance, or someone recommended to you. You should take your time to find the right provider.

### TELEPHONE SCREENING

It is good idea to first screen potential providers via telephone. You should explain your authorized hours and tasks. This information can be found on your Notice of Action (NOA) form.

- Ask the provider about their availability, experience, and ability to perform necessary tasks
- Discuss the work schedule and any specific needs. Do not reveal any unnecessary personal information to the provider

### FACE-TO-FACE INTERVIEW

Schedule a face-to-face interview if you feel comfortable after the phone conversation. You can invite a friend or family member to assist you with the interview if desired.

- Ask the provider for ID and references
- Discuss their previous work experience
- Explain your needs in more detail and allow the provider to ask questions. Take notes so you are able refer back to them later
- Interviewing multiple providers is a good idea
- Review your notes afterwards and check the provider's references before making a final decision
- Complete and submit the SAS 426a "Recipient Designation of Provider" form once you have hired a new provider
- Contact the Caregiver Registry at (916) 874-4411 if you are unable to find a provider on your own to request a customized list of available providers

### RESOURCES

For additional resources on how to hire a care provider, please visit our website at:

[www.pubauth.saccounty.net](http://www.pubauth.saccounty.net)

- Click on the "Resources for Consumers" link on the left side of the page
- Click on "Consumer Resources" to view videos on the following topics:
  - Introduction and Services
  - Hiring a Provider
  - Supervising a Provider



## BORN FOR A PURPOSE



Corrie Poley was a valued newsletter contributor for 2 1/2 years. She was a consumer who suffered from debilitating rheumatoid arthritis for 30 years, among other illnesses. She passed away in October 2010, but her wisdom about caregiver/consumer relationships still rings true today. Her article, “Born for a Purpose,” reminds us that we all have value to offer to the world.

We are all born for a purpose. Each one of us is unique. We all feel a need to be of value or worth in some way.

This purpose gives us a reason to get up each morning and face another day. Experiencing our own personal worth will automatically ignite hope which will produce vision, energy, and strength.

As you and I live daily with our physical challenges, you may wonder, “Whatever am I good for like this?” I have struggled with this thought myself. It forced me to look deep and ask questions. What is going to sustain and give me the strength to live for the long haul? I believe using our unique talents, interests, abilities, and gifts, softens the dreaded blow of reality. For a minute or an hour our contribution to this world lifts us above the pain and gives us the strength to go on.



So what are some of the ways you and I may add value to this world? Do you have a talent of writing, singing, piano playing, humor, painting, etc. that could encourage others? Maybe your motivation is to say a kind word to everyone you meet, or to give others your gift of time, sharing your love, talent, or positive attitude. Just a smile or “how are you?” and then listening could be the very thing that keeps a person from doing something destructive.

Do you have something that you enjoy that takes you away from your problems and in itself brings you some measure of peace or calm, if only for a short time?

You are a person of value. Try to live each day with that in mind. Act on it, as you are able. As we each contribute our “good” to this world we will know we were a part of making this universe a better place.



# Health

## CALCIUM AND BONE HEALTH



Bones play many roles in the body. They provide structure, protect organs, anchor muscles, and store calcium. Adequate calcium consumption and weight bearing physical activity build strong bones, optimizes bone mass, and may reduce the risk of osteoporosis later in life.

### PEAK BONE MASS

Peak bone mass refers to the genetic potential for bone density. By the age of 20, the average woman has acquired most of her skeletal mass. A large decline in bone mass occurs in older adults, increasing the risk of osteoporosis. For women this occurs around the time of menopause.

### OSTEOPOROSIS

Osteoporosis or “porous bone” is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine.

While men and women of all ages and ethnicities can develop osteoporosis, some of the risk factors for osteoporosis include those who are:

- **FEMALE** • **WHITE/CAUCASIAN** • **POST MENOPAUSAL WOMEN** • **OLDER ADULTS**
- **SMALL IN BODY SIZE** • **EATING A DIET LOW IN CALCIUM** • **PHYSICALLY INACTIVE**

### CALCIUM

Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be absorbed through food. Good sources of calcium include:

- **Dairy products**—*low fat or nonfat milk, cheese, and yogurt*
- **Dark green leafy vegetables**—*bok choy and broccoli*
- **Calcium fortified foods**—*orange juice, cereal, bread, soy beverages, and tofu products*
- **Nuts**—*almonds*

Vitamin D also plays an important role in healthy bone development. Vitamin D helps in the absorption of calcium (this is why milk is fortified with vitamin D).

### WEIGHT-BEARING PHYSICAL ACTIVITY

Regular physical activity has been associated with many positive health benefits including strong bones. Like proper calcium consumption, adequate weight-bearing physical activity early in life is important in reaching peak bone mass. Weight-bearing physical activities cause muscles and bones to work against gravity. Some examples of weight bearing physical activities include: Walking, jogging, running, tennis, stair climbing, dancing, hiking, and other physical activity.

\*\*\*Article courtesy of the Center for Disease Control and Prevention - [www.cdc.gov](http://www.cdc.gov)\*\*\*



## AFFORDABLE CARE ACT SCAMS

Scammers are taking advantage of implementation of the Affordable Care Act. The health care reform's Covered California enrollment opened in October, and scammers are looking to make a mark.

Often in these scams, the perpetrator poses as a government employee or a member of a health care plan. In a recent scam, a caller posed as a federal employee and said that the individual will be receiving a new federal health insurance card under the Affordable Care Act. The caller says he or she needs additional information including personal information and bank account numbers. Here's the hitch: there is no federal health insurance card and the government will not be contacting people for personal or banking information.

Another scam is fake online health exchanges. Covered California is the official state health care exchange and it opened in October 2013. The fake sites use similar wording such as "exchange" in the page heading. It is likely there will be additional web sites appearing to be official. To avoid mis-direction, visit the official Covered California website at [www.coveredca.com/](http://www.coveredca.com/).

To avoid becoming a victim of one of these scams, never reveal your Social Security number, or other personal health and financial information, to anyone who makes contact over the phone or the internet. The government will not contact beneficiaries by phone, email or visit the home asking for verification of Social Security and Medicare numbers.

### SIGNS OF AN AFFORDABLE CARE ACT SCAM:

- Someone requests your Social Security number
- Unsolicited offer to sign up for the new health insurance plans
- Statements that the Affordable Care Act requires revealing or confirming personal or financial information
- Statements that the Affordable Care Act requires purchasing new health insurance
- Unsolicited calls, emails, or visits from someone who claims to be a representative of the federal government about the Affordable Care Act
- Unsolicited calls, email or visits from someone claiming to be a "navigator" under the new law or a "representative of the new exchange."





# Connection

## RESOURCES FOR INDEPENDENT LIVING

*Stephanie Gliddon, Registry Specialist  
IHSS Public Authority*



Resources for Independent Living (RIL) is a non-profit organization serving persons with disabilities in Sacramento and Yolo Counties since 1976. RIL's goal is to assist persons with disabilities to live as independently as possible.

### SERVICES OFFERED BY RIL

#### INFORMATION AND REFERRAL:

RIL provides assistance in answering disability related questions to over 7,000 persons annually.

#### ADVOCACY:

Personal advocacy may include assistance with IHSS, housing, SSI/SSDI, employment, health care, and education. Systemic advocacy attempts to change laws and attitudes surrounding disability.

#### INDEPENDENT LIVING SKILLS:

RIL provides provide instruction in the following areas: health and safety; community resources; meal planning and nutrition; self-advocacy; sexual awareness; personal assistant management; household management; recreation and leisure; and money management.

#### ASSISTIVE TECHNOLOGY:

Assistive Technology (AT) is any adaptive aid, such as a wheelchair, ramp, or computer voice recognition software.

#### PEER COUNSELING:

Peer counseling offers support and role models.

#### PERSONAL ASSISTANCE SERVICES:

Many persons with disabilities require personal assistants in order to live independently. This may include IHSS providers.

#### HOUSING:

RIL offers one-on-one assistance in locating affordable and accessible housing.

#### CONSUMER-RUN ADVOCACY GROUP:

DOGFITE (Disability Organizing Group for Initiating Total Equality) works to improve quality healthcare; improve affordable and accessible housing, transportation, and quality social services; promote individual rights, liberty, and equality; and collaborate to support immigration rights and promote social justice.

To access Resources for Independent Living, please call their office at (916) 446-3074 to schedule an intake appointment. To view available services you can visit their website at:

<http://www.ril-sacramento.org>



## IHSS ADVISORY COMMITTEE



***Jacqueline Spagner***

The Sacramento County IHSS Advisory Committee welcomes its newest member: Jacqueline Spagner. Ms. Spagner is an IHSS caregiver for her sister.

Prior to transitioning to caregiving, Ms. Spagner had a 20 year career working for the federal government as a Legal Assistant for the Small Business Administration. In this capacity, she supervised up to 100 professional employees. Ms. Spagner also served as a trainer on a variety of legal support computer systems.

Ms. Spagner was drawn to service on the IHSS Advisory Committee through her connection with the free caregiver training classes offered by the IHSS Public Authority. New to being a caregiver for her sister, she sought as much education and training as she could. In June 2013, Ms. Spagner received a graduation certificate having completed six core classes in the previous 12 months!

Welcome Ms. Spagner to the IHSS Advisory Committee! Your significant professional experience and commitment to learning is bound to make a positive impact on IHSS services in Sacramento County.

## YOUR PICTURE COULD BE HERE!



Are you an IHSS recipient? Are you interested in making a difference in the IHSS program? Might you consider supporting a program that has been of great value to your independence and dignity, making the program better for those who are to follow?

The IHSS Advisory Committee has two openings for current (or former) IHSS recipients. IHSS Advisory Committee members serve for a three-year term. Two-hour public meetings are held the third Wednesday of each month from 1:00 to 3:00 pm with the IHSS Advisory Committee paying (or reimbursing) the cost of transportation to and from meetings.

If you are an IHSS recipient and are interested in this opportunity to improve the IHSS program, please visit the IHSS Advisory Committee website: [www.pubauth.saccounty.net](http://www.pubauth.saccounty.net) and click on the IHSS Advisory link on the left side of the page. Or, call (916) 875-2005.



# Education

## CORE CLASS GRADUATION

Shawna Crane, Social Worker  
IHSS Public Authority

**Congratulations to our 2013 Core Class Graduates! Through hard work and dedication, 39 caregivers completed all six (6) Core Classes and were invited to graduation to be acknowledged and celebrated for their accomplishments!**



### 2013 CORE CLASS GRADUATES!

Modijeh Akbari  
Debra Aylesworth  
Anthony Bailey  
Nieva Bautista  
Delthenia Bell  
Rekha Bharth  
Sonia Bharth  
Nina Busic  
Adell Bryant  
Mae Ruth Burse  
Willie Burse  
Quynh Bui  
Gloria Caruso

Vayola Charlemagne  
Beth Clark  
Carolyn Dockter  
Michael Dodge  
Maria Dodson  
Frances Dunigan  
Sharon Fowler-Brown  
Lucas Frederick  
Vera Gopa  
Melissa Hallquist  
Homa Izadian  
Dara Jaklic  
Dorothy Jones

Mariya Kasyanchuk  
Mariya Levko  
Andrea Mejia  
Yelena Melnichuk  
Maria Navarrete  
Lyubov Ponomarenko  
Anastacia Ragotero  
Purisa Redline  
Nataliya Savchuk  
Jacqueline Spagner  
Cheryl Tucker  
Teresita Velasquez  
Shirley Watson

**MANY THANKS!**

A special thank you to SEIU-UHW West for sponsoring the 2013 Core Class Graduation! We would also like to thank Starbucks on Bradshaw Road for donating coffee and Bel Air Supermarket on Arden Way for donating three beautiful cakes. Thank you to our exceptional guest speakers, Leoma Lee and Debi Williams!



## FEATURE A TEACHER

Mary-Ann Cowan, Social Worker  
IHSS Public Authority



Tonja Edelman

Tonja Edelman is a wonderful and uplifting teacher! She has a Master's in Social Work and has been graciously volunteering her time and expertise to the IHSS Public Authority caregivers and staff for over six years. Tonja is exuberant and has a positive and uplifting personality and teaching style.

Tonja truly enjoys working with all ages and in particular practicing "true social work," which Tonja is doing working in the Public Conservators' office.

Tonja will be teaching a class on Grief and Bereavement on Thursday, January 30<sup>th</sup>, 2014, from 5:30-7:30 p.m. for both caregivers and consumers. I had the opportunity to ask Tonja a few questions about the class and what inspires her to teach this subject and what she finds rewarding when teaching?

### **WHAT HAS YOUR EXPERIENCE BEEN TEACHING GRIEF AND BEREAVEMENT CLASSES TO THE IHSS PUBLIC AUTHORITY CAREGIVERS?**

"What has always struck me the most is that each caregiver in the class has experienced the loss of someone they cared for, whether personally or professionally, and they want to share those stories. It's so important to share, because caregivers bring their experiences with grief and bereavement to the clients they care for. Once they've shared those stories, we can then begin to talk about how to work through grief. Sharing the story is the first step."

### **WHAT IS YOUR INSPIRATION WHEN TALKING TO THE CLASS AND WHAT LED YOU TO CONCENTRATE YOUR EFFORTS IN HELPING PEOPLE DEAL WITH THE LOSS OF LOVED ONES?**

"My inspiration is knowing that grief and bereavement is a universal emotion that everyone will experience at least once in their lives. It's one of the most difficult life events that people will experience, so sharing ways to work through grief helps not only the caregiver, but those that they encounter who have also experienced a loss. They now have the tools to help their clients work through any unresolved grief issues they may have. Unresolved grief can lead to anger, depression, anxiety and other emotions that can negatively effect seniors."

### **WHAT HAVE YOU ENJOYED MOST ABOUT TEACHING THE IHSS CAREGIVERS?**

"I enjoy sharing, both stories and knowledge. I think that there are so few venues where people feel safe discussing death, loss and bereavement. The stories that caregivers share are so moving, and it makes me happy to give them a forum to discuss the losses they have experienced. Normalizing the grief process is also rewarding, because people who are experiencing the loss of a loved one can feel like they're going crazy at times. When you think you hear the person's voice, or feel their presence, those are all normal. Teaching this class is truly a highlight of my year."



# Learning

## January 2014 Classes

<b>Points for Providing Personal Care/Wheelchair Users-</b> Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	1/23/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Grief and Bereavement-</b> Understand the phases of grief, normal reactions and tools to use when you are "stuck" in the grieving process.	1/30/14	Thurs.	5:30-7:30pm
	Tonja Edelman, Sacramento County Deputy Public Guardian/Conservators		

## February 2014 Classes

<b>Home Safety and Universal Precautions-</b> Stay safe on the job and injury free by applying these tips and hints.	2/13/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Community Connections for Older Adults-</b> Resources linking caring volunteers with homebound and isolated older adults in need of a friend, as well as other community resources.	2/27/14	Thurs.	5:30-7:30pm
	Jan Blanton, Supporting Community Connections, 2-1-1 Infoline		

## March 2014 Classes

<b>Community Resources to the Rescue!-</b> Learn about programs that can be of help to caregivers and consumers. ***Adult Protective Services, Ethel Hart Center, Resources for Independent Living (RIL).	3/13/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>Hoarding: How to Recognize the Disorder and What to Do?</b> Learn how to recognize when hoarding is a problem, the causes for hoarding and strategies to cope with consumers who hoard.	3/27/14	Thurs.	5:30-7:30pm
	Kim Dochterman, MSW Adult Protective Services		

## April 2014 Classes

<b>How to Talk to Your Doctor-</b> Help your consumer manage medical appointments and medication.	4/03/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		
<b>How to Prevent Identity Theft &amp; What to Do if You are a Victim-</b> Learn how to recognize identity theft and fraud, helpful tips to protect yourself from identity theft, and current scams being used in Sacramento.	4/24/14	Thurs.	5:30-7:30pm
	Detective Dave Olsen Sacramento Valley Hi-Tech Task Force		

### 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. 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

# Matters



## May 2014 Classes

<b>Improve Your Health and Wellness: Senior Link-</b> Learn how to access this free prevention and early intervention resource for adults 55 and older who are experiencing depression and anxiety.	5/08/14	Thurs.	5:30-7:30pm
	Ameshia Arthur, A.S.W. El Hogar Community Center		

<b>Nutrition for the IHSS Consumer-</b> You can eat in a healthful way-even on a budget. Special attention is paid to the senior diet.	5/29/14	Thurs.	5:30-7:30pm
	IHSS Public Authority Staff 		

## June 2014 Classes

<b>Mobility and Fall Prevention-</b> Learn about condititons that can lead to falls and how to prevent accidental falls in the home.	6/05/14	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](mailto:IHSS-PA-Education@saccounty.net) Website: [www.pubauth.saccounty.net](http://www.pubauth.saccounty.net)

### \*\*\*CORE CLASS POLICY\*\*\*

In order to receive a certificate and credit for attending any Core Class, you must arrive no later than 30 minutes after the scheduled start time and must stay for the duration of the class.

## 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. Classes are more accessible than ever before so don't delay – **register for class today!** If you can volunteer to translate materials into languages other than English call Mary-Ann Cowan at (916) 876-5682.

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. Las clases son más accesibles que nunca así que no se demoren – **regístrense hoy para su clase.** Si usted puede ofrecerse voluntariamente para traducir documentos en otros idiomas aparte del inglés, llame a Mary-Ann Cowan al (916) 876-5682.

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. Классы стали более доступны чем прежде, так что не откладывайте— **зарегистрируйтесь на класс сегодня!** Если вы можете добровольно сделать переводы материалов на другие языки кроме английского звоните Дебра Ларсон (Mary-Ann Cowan) (916) 876-5682.

# TRAINING MATTERS

## A CAREGIVER'S TESTIMONIAL

Mary-Ann Cowan, Social Worker  
IHSS Public Authority

### WHY EDUCATION MATTERS TO IHSS CAREGIVER, BRANDI STAFFORD?



Brandi Stafford is an inspirational, radiant person who generates love and empathy wherever she goes. Brandi's warm smile is the first thing classmates and staff notices when she is attending the night classes put on by the IHSS Public Authority. Brandi exudes strength and compassion.

Brandi Stafford has been an In-Home Supportive Services caregiver for one client for the past fourteen years. In addition to working outside the home, Brandi also takes care of family members who are ill. Brandi embodies a truly giving and empathic person who does all she can to assist those in need.

### HOW HAVE YOU BENEFITED FROM THE EDUCATIONAL CLASSES YOU HAVE ATTENDED?

#### Personally:

"I like to attend classes at the IHSS Public Authority because the classes give me insight and information for taking care of my clients and family."

#### Professionally:

"I benefited most recently from the class on "Common Eye Diseases and Available Resources," on October 24<sup>th</sup>, taught by Dr. Trinh. I was able to discuss an eye problem my client was experiencing and was able to talk to Dr. Trinh and the answer I received was helpful. I attended Dr. Karen Romines' class on August 8<sup>th</sup>, on "The Importance of Foot Care," and was able to receive information on foot care when a client has neuropathy."

### WHAT ARE YOUR FUTURE PLANS?

"My long term goal is to return to school to attend American River College and take courses on Funeral Services with the ultimate goal of becoming a Medical Examiner. Prior to this I would like to volunteer in the Coroner's office and get as much experience. I am a Medical Assistance and I am also interested in becoming a Registered Nurse."

### ANY OTHER COMMENTS OR ADVICE?

"I love taking care of people and catering to their needs. Recently, I volunteered at the Samuel Pannell Community Center to assist with feeding Thanksgiving dinner to those most in need."



Please only check classes you will attend.

# Registration



## January 2014

Points for Providing Personal Care/Wheelchair Users	1-23-14	Thurs.	5:30- 7:30pm	
Grief and Bereavement	1-30-14	Thurs.	5:30- 7:30pm	

## February 2014

Home Safety and Universal Precautions	2-13-14	Thurs.	5:30 - 7:30pm	
Community Connections for Older Adults	2-27-14	Thurs.	5:30 - 7:30pm	

## March 2014

Community Resources to the Rescue!	3-13-14	Thurs.	5:30 - 7:30pm	
Hoarding: How to Recognize the Disorder	3-27-14	Thurs.	5:30 - 7:30pm	

## April 2014

How to Talk to Your Doctor	4-03-14	Thurs.	5:30 - 7:30pm	
How to Prevent Identity Theft	4-24-14	Thurs.	5:30 - 7:30pm	

## May 2014

Improve your Health and Wellness: Senior Link	5-08-14	Thurs.	5:30- 7:30pm	
Nutrition for the IHSS Consumer	5-29-14	Thurs.	5:30 - 7:30pm	

## June 2014

Mobility and Fall Prevention	6-05-14	Thurs.	5:30 - 7:30pm	
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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](http://www.pubauth.saccounty.net), or email us at [IHSS-PA-Education@saccounty.net](mailto:IHSS-PA-Education@saccounty.net)

IHSS Public Authority Office: 3700 Branch Center Road, Suite A, Sacramento, CA 95827  
Fax: (916) 875-0946

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

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



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



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

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

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

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

**IHSS Provider Enrollment**  
 (916) 875-5788

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## SPOTLIGHT: TIPS FOR TAX SEASON

*John Kozitza, ASO II  
 IHSS Public Authority*



As the new year begins, it is not too early to think about filing federal taxes. The 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 again partnered with the Sacramento Coalition for Working Families (SCWF) to offer the Volunteer Income Tax Assistance (VITA) Program. This program offers a free income tax preparation service to moderate and low-income working individual and families with the emphasis on claiming the federal Earned Income Tax Credit. To qualify for the EITC, earned Adjusted Gross Income (AGI) must be less than:

- \$46,227 (\$51,567 married filing jointly) with three or more qualifying children, maximum credit: \$6,044
- \$43,038 (\$48,378 married filing jointly) with two qualifying children, maximum credit \$5,372
- \$37,870 (\$43,210 married filing jointly) with one qualifying child, maximum credit \$3,250
- \$14,340 (\$19,680 married filing jointly) with no qualifying children, maximum credit \$487

**\*Investment income** must be \$3,300 or less for the year.

DHA has employees available from 2/3/14 - 3/31/14 by appointment at three (3) locations:

Bureau	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>2700 Fulton Ave.</b>	5:00pm - 8:00pm		5:00pm - 8:00pm			9:00am - 1:00pm
<b>3960 Research Dr.</b>		5:00pm - 8:00pm		5:00pm - 8:00pm		9:00am - 1:00pm
<b>2450 Florin Rd.</b>		5:00pm - 8:00pm			5:00pm - 8:00pm	9:00am - 1:00pm

\*\*\*Call the Sacramento Info Line 2-1-1, (or (916) 498-1000) to make appointments at any one of the three locations listed above.