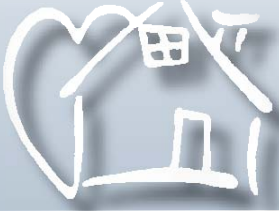


Caring

Summer/Fall 2010



Matters

Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

NEWS AND UPDATES

As this newsletter goes to print, we want to report changes most likely to occur in Sacramento County.

CALIFORNIA STATE BUDGET

Earlier in the year, the governor said he would eliminate several programs, including Cal Works and IHSS. However, the governor's May budget did not call for elimination of IHSS but instead asks IHSS stakeholders to participate in a process to determine how to save \$637 million in fiscal year 2010-2011 and more in subsequent fiscal years. The governor's May budget revision is subject to negotiation by both houses of the legislature as part of the budget process. To express your views about the budget proposals, you should call your legislator and/or governor. The state website to determine your legislative representative is <http://www.legislature.ca.gov>.

SACRAMENTO COUNTY IHSS PROGRAM:

Sacramento County is again experiencing a multi-million dollar deficit. IHSS will lose 57.7 program staff if the recommended budget cuts are implemented in July, leaving 125.6 staff to carry on the work. The result will be increased caseloads and as workers are demoted and laid-off, their cases will be reassigned or perhaps left unassigned for a period of time. Family service workers may not be as available to you as they have been in the past. Later in this edition articles give tips on accessing payroll and social work staff.

IHSS offices are consolidating. The office located at 6045 Watt Ave. will be closing on July 12, 2010 and the continuing caseworkers will relocate to the Rancho Cordova IHSS Office at 9750 Business Park Drive. On that same date, all IHSS payroll staff will consolidate to the Rancho Cordova Office.

SACRAMENTO COUNTY PROVIDER ENROLLMENT

IHSS Caregivers who have completed at least one of the tasks for provider enrollment (review program rules guide, sign enrollment agreements at the IHSS Public Authority and complete DOJ background check) will continue to be paid until December 31, 2010, at which time all enrollment activities must be complete.

The IHSS Public Authority is responding to requests to make fingerprinting available at the provider enrollment offices on Branch Center Road. The processing fee will be \$47 for provider printing.

Beginning July 5, all new provider orientations will be held only on Tuesday, Wednesday and Thursday mornings at the IHSS Public Authority Offices located at 3700 Branch Center Road, Suite A, Sacramento 95827. The check-in time will remain the same (8:30 am) with orientation class beginning at 9 am promptly!



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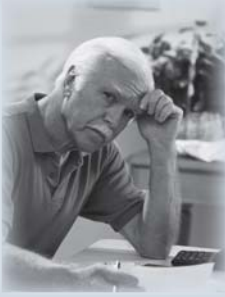
Spotlight on NAMI California

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Caregiver

COPING WITH FINANCIAL STRESS



Marty's money worries seemed endless. His grandson kept asking for a new bike for his birthday and he had a cavity but no dental insurance. His aunt came to live with him after losing her job and his wife's employer forced her to accept a pay cut. What's worse, his consumer's hours were cut and he wouldn't be earning as much as usual. He had begun to be snap at friends and family and was gaining weight because of all of the "stress-eating." He felt powerless and frustrated. After all, hadn't he and his wife always worked hard and been able to provide?

Many of us are facing the similar financial worries. Financial stress can have adverse health consequences and lead to depression, anxiety and compulsive behaviors such as overeating or substance abuse. We many even lash out at loved ones.

A national study indicates that 75% of adults are more concerned about finances than any other life factor

There are ways to take control of money woes. Experts agree that the first thing to do is to take a financial snapshot. Don't hide from your budget! List all of your bills, debts and income. Create a realistic budget based on your income. Contact creditors if you will not be able to make monthly minimum payments. Inquire about free and reduced cost services; for example, do you qualify for energy assistance or subsidies, lifeline phone services or low-cost prescription drugs? Are there senior discounts or half-off days at the shops you visit? You don't know for sure until you ask.

Save money and still have fun

Even though you may have pared your budget to the bone, there are still additional ways to save such as thrift-store shopping or visiting day-old bakeries. Check out movies from the library or have lunch and a matinee instead of the more expensive dinner and a movie.

Create a financial plan to live within your budget

Be sure to avoid budget-busters! Never use a second credit card because you have reached the credit limit on the first card. Never, ever, charge if you do not have the money to pay the bill in full at the end of the cycle. A sale item can become very expensive when interest charges are added to the total cost. Don't overdraft your ATM or debit card if there is a fee.

Review your credit report for any inaccuracies

Addressing money troubles is usually not very easy or very much fun. Set small goals and reward yourself as you meet them. It is hard to plan past tomorrow when we are distressed, but mastering our problems is well worth it.

Free help is available! Call the National Foundation for Credit Counseling at (800) 388-2227 for referrals to free or low-cost trained and certified credit counselors in the Sacramento area. Or visit their website at www.nfcc.org and use their consumer tools, such as an interactive budget worksheet.



IT PAYS TO KNOW ABOUT PAYROLL



Jennifer~ IHSS Payroll

Can you guess why Jennifer is one of the most popular people at IHSS?

- a) She is always available to answer questions
- b) She is smart and funny
- c) She knows payroll procedures inside and out, or
- d) All of the above

If you guessed (d) you would be correct! Jennifer is all of the above. Energetic, patient and knowledgeable when answering questions, Jennifer is the “go to” person when staff has payroll questions. Naturally, we turned to her for information about the do’s and don’ts of payroll.

PAYROLL DO ~ BE PATIENT

IHSS Payroll staff has not been spared budget pain and are working with almost 25% fewer staff than last year. Because of seniority based ‘bumping,’ new staff are being trained. Staff would like you to understand how hard they are working to assure that payroll is administered as smoothly as possible.

PAYROLL DO ~ WAIT 10 DAYS BEFORE CALLING ABOUT YOUR TIMESHEET

Staff are working rapidly to process all of your timesheets for the first 10 days after they are submitted. Caregivers who call too soon to ask if their checks have been mailed are only causing delays by diverting staff from processing. Please wait 10 days before you call!

PAYROLL DO ~ KNOW WE ARE USING LIMITED RESOURCES WISELY

We are evaluating all suggestions that will help improve customer service. We recently consolidated our payroll operations, allowing us to add staff to the phone lines, decreasing the time you spend on hold. Be sure you tell us about your ideas, too!

PAYROLL DON’T ~ TURN IN AN INCOMPLETE/INCORRECT TIMESHEET

You may not know this, but when a timesheet has an error (such as a missing signature) payroll staff has to remove it from the batch processing and then staff must investigate and address the individual concern. This adds to processing delays.

Here are some common errors found on timesheets:

- Timesheets lack a signature
- Hours are stacked (all hours are claimed for during one payroll period)
- Illegible handwriting
- Missing hours
- A change of address is noted on the timesheet, with no indication of whether the new address is for the consumer or the care provider.

DIRECT DEPOSIT

County staff with IHSS Payroll and the IHSS Advisory Committee encourage you sign up for Direct Deposit, a paycheck option that directly transfers your pay into your checking or savings account and avoids the hassle of lost or stolen paper checks. Direct Deposit also allows you access to your wages a day or two sooner.

Sign up is easy! Obtain Direct Deposit forms by contacting IHSS Payroll at (916) 874-9805 or download it by visiting the IHSS Public Authority Website at www.sacihsspa.net and clicking on the link to ‘Provider Enrollment Forms.’ **Questions?** Call the IHSS Direct Deposit Help Desk at (866) 376-7066.



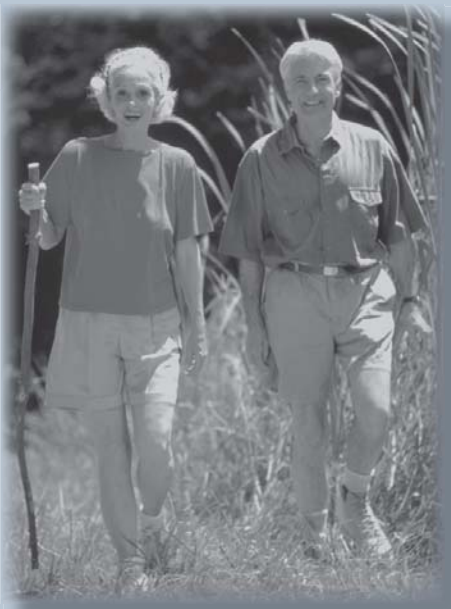
Consumer

REASONS TO GET MOVING!

You might have noticed that this issue of Caring Matters has articles aimed at coping with the direct effects of difficult economic times; for example, there are features about the importance of sleep as well as information about how IHSS services may be impacted by budget shortfalls. As we researched this edition, we quickly realized how often experts recommended that plain, old-fashioned exercise was necessary for us to feel better, have more energy and perhaps even live longer.

We can all benefit regardless of our age or level of fitness. Exercise improves our mood by helping us release stress and by stimulating chemicals in our brains that make us feel happy. Regular activity can help reduce high blood pressure and cholesterol, stave off type 2 diabetes and prevent osteoporosis and certain types of cancer. It promotes weight loss by burning calories and causes our energy levels to increase as our heart and lungs become more efficient. You will also have fun walking or doing other activities with friends.

You don't have to be fit to start increasing your activity level. In fact, if you don't already have an exercise routine, one of the best ways to get the benefits of exercise is to incorporate exercise in your existing daily schedule. Consider parking further away from the store you are visiting or, if you ride the bus, getting off one stop earlier than usual. When you grocery shop, walk down all of the aisles. Return your shopping cart back to the store instead of leaving it in the parking lot. Walk in place when you talk on the phone. Commit to doing a few push-ups against the bathroom wall every time you brush your teeth and stretching exercises while you watch television. Of course, try and take at least one flight of stairs instead of the elevator.



As you can see, you don't have to spend a lot of time or money to benefit from being more fit. You don't even have to select an activity that requires new skills. You only need to ensure that your shoes and clothing are appropriate for the terrain and weather before you get moving. And once you get moving, stay motivated and keep moving. Motivation increases if you include friends in your activities. Plan ahead to make increased activity part of your daily routine.

Remember that it's always a good idea to talk to your doctor before you begin or increase your exercise program.



HAVE THE BUDGET CUTS AFFECTED MY SOCIAL WORKER?



Ron Richards is a social worker who has worked for the county for 20 years, the last five of which have been with In-Home Supportive Services. His life has been full of changes in the last couple of years – he and his wife have an adorable young son and he has almost completed a Master’s Degree in Social Work. Some changes have been more difficult for him to cope with, such as the impact that budget cuts have had for staff and clients of IHSS. Here is what he thinks you should know about IHSS social workers:

“I’ve carried a continuing caseload for the last 5 years and only recently did I begin working in the IHSS Intake Unit. Now I only see applicants who need initial assessments for services. I still work closely with social workers in the Continuing Cases units and they are responsible for all of the ongoing cases, reassessments and follow-ups. We all work with clerical staff and family services workers to serve the community.

Cuts to the county’s budget over the last year have greatly impacted our ability to practice social work; instead of helping clients solve problems and improve the quality of their lives, we are spending more and more time assessing eligibility for services and intervening only in crisis situations. A year ago an IHSS Social Worker was responsible for about 200 cases. Today, that same social worker has almost 300 cases. If additional cuts are implemented in July, IHSS Social Workers will probably be assigned more than 450 cases each.

Cuts to staff mean that we have less time to spend with each client, making it important for consumers to be prepared for our visit. We no longer have funding for overtime work. With caseload demands, I have less than one hour per day to return your calls. I prioritize them. Depending on your reason for calling, it may take your social worker a day or more to return. Always call if you or your client had to be admitted to the hospital, developed a serious medical condition or emergency, or have a substantial event causing a change in the demands on your caregiver. The bulk of calls that I received as a continuing worker were about timesheets and most workers now would probably tell you the same thing. You should know that calls regarding timesheets and care provider paychecks will be forwarded to payroll staff, who will try and answer them in a timely manner.

Because we have less time to spend during each home visit, it is very important to be prepared for your assessment and reassessment appointments. It is not necessary for caregivers to participate in assessments. Clients should be prepared to honestly and accurately describe their ability to engage in self-care on days they feel good and days they feel bad. Write down questions that you have for your social worker so you don’t forget anything.

We ask for your patience as we all adjust to service cuts. Please know that we are always trying to provide the best and most timely service to you that is possible under our changed circumstances.”

If you have a payroll related question, save time and call directly at (916) 874-9805.

If any consumer does not currently have an assigned social worker, call (916) 874-9471 and ask to speak to the Worker of the Day.



Health

HOW IMPORTANT IS SLEEP, REALLY?



Whether young or old, a good night's sleep is as essential to your physical health and emotional well-being as good food and good friends. Age can undermine our ability to sleep even though we need about the same amount as when we were younger.

There are many reasons that we don't sleep as well as we age. Our cortex, the part of the brain that induces rest, changes and causes us to not be able to generate as much sleep. Medical issues may be a problem. Older adults also experience "sleep fragmenting," which is waking up after a few hours and having fitful sleep until morning. We have less deep sleep as we age, and our biological clocks may reset causing us to wake and sleep earlier.

To determine the amount of sleep you need, track the total number of hours you actually sleep in every 24-hour period for a two weeks, being sure to include naps. Then calculate the average number of hours you sleep you get in every 24-hour period. This is your sleep need.

Follow these tricks for a good night's sleep:

- Stay in bed only for the time you need to sleep plus, 30 minutes for falling asleep. Daytime naps count towards your total sleep for the day – reduce the amount of time you sleep if you napped.
- Don't drink alcohol, use tobacco or have caffeine in the evening.
- Don't eat a large meal or exercise within a couple of hours of bedtime.
- Make your bedroom a calm place that is cool and dark when you are sleeping.
- Bedtime routines are important because our bodies respond to habits and cues from the environment.
- Follow your routine every day.

Be open to consulting a doctor if these strategies are not helpful. Poor sleep is not an inevitable consequence of aging. Your doctor may be able to help if your own attempts to solve sleep problems are unsuccessful.

Adult Vaccination Schedule

Many people are unaware of the adult vaccination schedule published by the Centers for Disease Control. Adult vaccinations are among the safest medicines available and can prevent diseases that cannot be cured or may cause death. Talk to your doctor if you are unsure if you are in compliance with the schedule.

FIGURE 1. Recommended adult immunization schedule, by vaccine and age group — United States, 2010

VACCINE ▼	AGE GROUP ►	19–26 years	27–49 years	50–59 years	60–64 years	≥65 years
Tetanus, diphtheria, pertussis (Td/Tdap) ^{1,*}		Substitute one-time dose of Tdap for Td booster; then boost with Td every 10 years				Td booster every 10 years
Human papillomavirus ^{2,*}		3 doses (females)				
Varicella ^{3,*}		2 doses				
Zoster ⁴					1 dose	
Measles, mumps, rubella ^{5,*}		1 or 2 doses		1 dose		
Influenza ^{6,*}		1 dose annually				
Pneumococcal (polysaccharide) ^{7,8}		1 or 2 doses				1 dose
Hepatitis A ^{9,*}		2 doses				
Hepatitis B ^{10,*}		3 doses				
Meningococcal ^{11,*}		1 or more doses				

* Covered by the Vaccine Injury Compensation Program.
 For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)
 Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications)
 No recommendation



by Shafni Smith
MSW Intern, IHSS Public Authority

DEHYDRATION PROTECTION

The summer is upon us and along with hot temperatures comes the increased risk of dehydration. It is important to drink the recommended amount of water every day, as this gives your body the appropriate amount of fluids. What if you do not feel thirsty? As we age our body stops signaling us to drink the needed amount of fluids. Even if you do not feel thirsty, it is still important to maintain adequate hydration. You can meet your water needs by drinking eight glasses (64 ounces) or more of water a day.



It is important for seniors to keep hydrated because it helps decrease risks of kidney dysfunction, constipation, and other ailments. Certain medications and other conditions may affect your body's ability to properly regulate fluid balance, which means that your body may not have enough fluids to properly operate.

Three tips to beat the heat and keep hydrated this summer:

- (1) Drink 8 glasses or more of water a day, and extra fluids after a day out
- (2) Protect yourself from the sun by using sun screen, hats, umbrellas, etc.
- (3) Spice things up by adding lemon, cucumber, or orange slices to your water

Signs of Dehydration:

•Decreased urination •Muscle weakness •Weight loss •Constipation •Rapid heartbeat •Confusion

by Aja Michael
MSW Intern, IHSS Public Authority

EATING HEALTHY ON A BUDGET



With the current economic downturn we are all looking for ways to save money. Fortunately there are ways to shop on a budget and still eat foods that are both nutritious and delicious!

Cut out processed foods and cook meals at home. It may take a little extra time and planning, but it is possible to eat healthy on any budget.

There are a few basic steps you can take to stay healthy on a budget:

1. **Make a food budget and plan your meals before shopping** - This will prevent you from making impulsive purchases and buying extra items that you may not need.
2. **Use products for more than one meal** - Make large quantities of meals like soups, casseroles, lasagnas, etc. and freeze for later use. You can also build multiple meals around one item. A whole chicken can be roasted for dinner on one night, used on sandwiches for lunch the next day, and boiled for soup later in the week.
3. **Use a variety of proteins** - Protein is healthy and filling and can come from multiple sources. Meat can be purchased on sale and frozen for future use. Buy less expensive proteins in the form of nuts, beans, and eggs.
4. **Produce** - If you are looking to purchase fresh produce, seasonal items are generally the least expensive. Frozen and canned fruits and vegetables are often equally as nutritious and cost less. Look for items that contain only fruits and vegetables without added salt or sugar.
5. **Find the best deals**- Buy store brands, cut coupons and purchasing non-perishable items in bulk.



Connection

RESOURCES FOR CHILDREN SERVED BY IHSS

Melissa Kinley, the Advisory Committee Vice-Chair, is widely known for her tireless work on behalf of the IHSS program as well as her advocacy for the needs of children served by IHSS. She recently contacted us to share information about community resources that might be helpful to your family!



Melissa Kinley

ISSUE and PROGRAM ADVOCACY

In-Home Supportive Services Coalition: <http://www.ihsscoalition.org>

The Coalition is comprised of IHSS stakeholder groups dedicated to maintain funding for the program and improve the home care system. Their homepage has information on proposed changes to the IHSS program and also about rallies and events that support continued program funding. Contact them only through email.

DIRECT SERVICES FOR CHILDREN AND FAMILIES

Access Leisure: <http://www.accessleisuresac.org> or (916) 264-5011

Provided by the City of Sacramento, this resource provides activities for persons with disabilities. Programs include Paralympics, Sled Hockey, Quad Rugby, Goalball, Handcycling, Challenge Soccer, Wheelchair Basketball and Softball, Tennis and Soccer. A quarterly newsletter is published with social activities for developmentally disabled teens and adults, such as dances, camps and outdoor education.

Alta California: <http://www.altaregional.org> or (916) 978-6400

Alta is one of a network of 21 regional centers in California which provides services to children and adults with developmental disabilities and their families. Services may include respite care.

Easter Seals California: <http://www.superiorca.easterseals.com> or (800) 234-7325

Provides services to adults and children with disabilities and special needs to include early intervention, physical, speech and hearing therapy.

PROJECT R.I.D.E.: <http://www.projectride.org> or (916) 685-7433

Project R.I.D.E. (Riding Instruction Designed for Education) offers therapeutic recreational horseback riding instruction to approximately 370 riders with disabilities. This program may improve the self-esteem and confidence of riders in addition to balance, sensory awareness and endurance.

Southside Art Center: <http://www.southsideartcenter.com> or (916) 387-8080

Creates opportunities for developmentally and physically disabled adults and young people to create and display original artwork towards the goal of individual empowerment.

UC Davis Mind Institute: <http://www.ucdmc.ucdavis.edu/mindinstitute> or (916) 703-0280

Sponsors a Resource Center open to the public with information about the developmental disorders of children, adolescents and adults. Resources available in many languages.

LOCAL RESOURCE DIRECTORY

211 Sacramento: <http://www.211sacramento.org> or dial 211 or (916) 498-1000

Provides telephone referrals to over 2,400 local agencies including housing, childrens' services, senior services, food resources, health care services and financial assistance.

Matters



IHSS ADVISORY COMMITTEE

KRISTEN LYALL – DISABILITY ADVOCATE AND CHAMPION

If Wheaties is the “Breakfast of Champions,” then we know what Kristen Lyall has had for breakfast. Kristen is a champion in every sense of the word.

Kristen Lyall has served as the IHSS Advisory Committee Chair since 2008. Kristen speaks up and out for those with disabilities every day. When she agrees with a direction, she is quick to endorse it. If she thinks something is wrong, Kristen will say so, whether that be presenting to the Board of Supervisors, penning an editorial for the Sacramento Bee or writing an article for the IHSS newsletter Caring Matters.

Raised in Sacramento, Kristen graduated from Luther Burbank High School, attended Sacramento City College and graduated from UC Davis with a BA in English. From 1995 to 1996 she did public relations work for Resources for Independent Living. From 1996 forward, Kristen has worked as a Freelance Outreach Disability Instructor, teaching kindergarten through high school students about the realities of disabled life and how to respond to someone with a disability.



Kristen Lyall

Kristen has served two three-year terms as a member of the IHSS Advisory Committee, serving as its Chair for the last two years. Under her leadership, the IHSS Advisory Committee has continued to meet its mandate of providing information and advice about the delivery of IHSS services in Sacramento. With her long-time care attendant, Denise, Kristen is the star of a You-Tube piece about living with a disability (search: “Kristen on IHSS”).

Always looking to better equip herself to be an advocate for the disabled, Kristen is a regular participant at Respect-Ability and Supported Life conferences. As the ultimate hostess, Kristen is quick to assure that people feel welcome and at home. Come holidays, Kristen never let the opportunity pass to share some treats with members of the IHSS Advisory Committee. Or, with her mom Donna, providing table decorations and gifts for Caregiver Month celebrations or Core Class graduations.

Thank you for six wonderful years, Kristen. You are our champion! While it is time to say farewell, it is not goodbye, but “Au Revoir” (until we see you again).

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 vacancies for a variety of positions. If you are a consumer, caregiver, or even a member of the public at large and are willing to donate time and energy to improve the IHSS Program, please call the IHSS Public Authority at (916) 874-2888.



Education

SETA ~ AN EMPLOYMENT RESOURCE



Every day, staff at the IHSS Public Authority hear that today's tough economy is leading caregivers to seek additional employment opportunities. One employment resource widely used is Sacramento Employment and Training Agency or SETA. SETA has a network of twelve "One-Stop" Career Centers located throughout the county that offer comprehensive employment and training services. The Career Centers offer jobseekers services such as access to job leads, career coaching, notification of employment recruitment events and employment skills workshops. The Career Centers can benefit jobseekers needing the use of computers, faxes and phones. Each center can provide you with the tools and training necessary to find the type of job county residents are seeking.

Visitors to the career center will be asked to complete an enrollment form and provide proof of a right to work. Then comes a facility tour followed by orientation of programs and services. Employment services may vary somewhat from center to center. Next, a brief assessment of employment goals and interests will be conducted. Visitors should advise staff if they need accommodations because many career centers are equipped with assistive technology and devices.

SETA offers job seekers with disabilities more opportunities than ever to access employment services and support. SETA can help navigate government regulations that surround the complexities of work incentive programs and help create a plan that will work. This can be especially helpful to recipients of SSI or SSDI, who may experience such tangible benefits such as a suspension of Medical Continuing Disability Reviews, a trial work period and a streamlined reinstatement of benefits for those unable to continue working.

SETA may be contacted at (916) 263-3800 / TDD (800) 735-2929

Visit <http://www.seta.net> for a directory of Career Center Locations and activities

TIPS FOR SEEKING EMPLOYMENT AFTER 50

There are many reasons that near-seniors are looking for work in larger numbers than ever before: retirement deflation, spiraling health care costs and corporate downsizing just to name a few.

Here are some tips to help if you are looking for a job!

- * **Do your research and identify organizations that will view your experience as relevant to their organization**
- * **Highlight on your resume all professional skills that are current, especially those related to your technological skills**
- * **Network! Many positions are unadvertised and you will learn of them only if you seek out friends and former colleagues at organizations to which you wish to apply**
- * **List about 15 years worth of jobs on your resume and omit older ones**

Don't feel bad for your many years of working.

You are experienced (not old) and seasoned (not history). Drop the apologies.



CALLING ALL CAREGIVERS: MEET OUR EXPERTS



We are quite lucky to live in Sacramento alongside a large group of professionals dedicated to sharing their expertise with IHSS Caregivers. Every month these dedicated practitioners will offer FREE classes that inform caregivers about conditions and concerns that affect consumers.

MEET SOME OF THE EDUCATORS WHO WILL PRESENT CLASSES DURING THE SUMMER AND FALL OF 2010:

Linda Ellis, RN, MN: Ms. Ellis has worked as a psychiatric nurse for over thirty years. She is currently employed as the intake coordinator at Sutter's SeniorCare PACE program and is a Board member of NAMI (National Alliance on Mental Illness). She was previously employed as the Director of Nursing for Turning Point.

Amber Pearce: Ms. Pearce is a graduate (with honors) from McGeorge School of Law. She has served as a law clerk in Yolo County Superior court and practiced in the areas of family law and dependence before deciding to specialize in estate planning with the Law Office of Michael Pearce. She donates her time by volunteering in the debt clinic of the Voluntary Legal Services Program.

Penney Cowan: Ms. Cowan is the founder and executive director of the American Chronic Pain Association (ACPA). She is a recipient of the Jefferson Medal for Outstanding Citizen by the Institute for Public Service as well as the 2005 John and Emma Bonica Public Service Award. She writes all manuals and materials used by the American Chronic Pain Association. She also serves on local, national and international committees as the voice of those living with chronic pain.

Ann Hatfield, LCSW: Ms. Hatfield earned a Master's Degree in Social Work from UCLA. She has worked in hospital settings and currently works with the senior population at Mercy Hospital. She has a professional interest in sleep disorders and treatment.

Learn more about classes these educators will teach by reviewing the class schedule located on pages 12 & 13.

REBUILDING TOGETHER



Rebuilding Together Sacramento believes that all homeowners, especially low-income seniors, deserve to live independently, comfortably and safely in their own homes. To achieve this goal their "Safe at Home" program provides safety assessments and modifications for individuals, families and caregivers who want to improve accessibility, reduce falls and increase independence. The home safety assessments identify risk factors in the home that can cause falls or limit mobility. Program volunteers can then complete the necessary modifications including installing grab bars, toilet risers, shower stools, stair railings, smoke detectors, shower hoses, transfer poles or transition ramps.


Call Rebuilding Together Sacramento today to schedule your home safety assessment!
(916) 455-1880 or <http://www.rebuildingtogethersacramento.org>




Learning

CLASS SCHEDULE


July 2010 Classes

Handling Difficult Consumer Behaviors- Learn strategies to effectively care for those diagnosed with major forms of mental illness and tips for how to deal with difficult behaviors.	7/14/10	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN		
Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming.	7/21/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Adult Protective Services & Fraud- Become skilled at understanding when and why to make mandatory reports. Learn more about what happens after a report is made.	7/28/10	Wed.	5:30-7:30pm
	Heidi Richardson & Mike Pirotto IHSS Fraud Department		


August 2010 Classes

The Importance of Foot Care- Feet are important! Learn more about common foot problems and treatments.	8/04/10	Wed.	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.	8/11/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Grief and Bereavement- Understand the phases of grief, normal reactions and tools to use when "stuck" in the grieving process.	8/25/10	Wed.	5:30-7:30pm
	Tonya Edelman, MSW		

September 2010 Classes

Community Resources to the Rescue!- Learn about programs that can be of help to caregivers and consumers.	9/08/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
How to Cope with Caregiver Stress and Burnout- Caring for yourself allows you to better care for others. This class will teach you how.	9/15/10	Wed.	5:30-7:30pm
	Linda Ellis, RN, BSN, MN		
An Overview of HIV/AIDS- The myths and facts about HIV/AIDS, the needs of those affected, caregiving precautions and available resources.	9/29/10	Wed.	5:30-7:30pm
	Dr. Guillermo Acuna, CARES		

October 2010 Classes

How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	10/07/10	Thur.	5:30-7:30pm
	IHSS Public Authority Staff 		
How to Cope with Sleep Disturbances- Learn more about what causes sleep problems and learn tools to help alleviate these problems.	10/14/10	Thur.	5:30-7:30pm
	Ann Hatfield, LCSW		
Conservatorships, Trusts and Future Planning- Legal information and useful options for planning for dependent adult care.	10/21/10	Thur.	5:30-7:30pm
	Law Offices of Michael Pearce		


CLASS LOCATION

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


Matters



November 2010 Classes

Managing Chronic Pain- Topics include pain indexes, current treatment, medications and alternative therapies.	11/03/10	Wed.	5:30-7:30pm
	Penney Cowan, Chronic Pain Assoc.		
Help with Hoarding- Learn to recognize when hoarding is a problem, the causes for hoarding and strategies to cope with consumers who hoard.	11/10/10	Wed.	5:30-7:30pm
	Kim Dochterman, MSW Adult Protective Sevices		
Nutrition for the IHSS Consumer- Shopping and eating tips to support good health.	11/17/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

December 2010 Classes

Mobility and Fall Prevention- Learn about physical changes that can lead to falls and how to prevent accidental falls in the home.	12/01/10	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Programs for Young People with Disabilities- Caregivers to youthful IHSS consumers (from ages 4-21) will benefit by learning about activities offered through Sacramento's Parks and Recreation Program and Easter Seals.	12/08/10	Wed.	5:30-7:30pm
	Steve Hornsey, Access Leisure Sacramento Parks and Recreation		

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.

If you completed one class from each core class category and believe you are eligible to be a Core Class graduate, please call Debra Larson at (916) 876-7592.

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

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



= CORE Class

CARING 4 CAREGIVERS

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

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

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

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

Upcoming Dates

July 2, 2010

August 6, 2010

September 3, 2010

October 1, 2010

November 5, 2010

December 3, 2010



Training Matters

Protecting Yourself from Fraud

by Sacramento County District Attorney's
IHSS Fraud Task Force



The IHSS Fraud Task Force receives many referrals in which criminal charges cannot be filed due to the inability to prove that a crime occurred. Frequently these referrals involve disputes over pay (i.e. former provider claims they worked hours which another provider was paid for because the recipient signed a fraudulent timesheet, or recipient says his/her current provider did not get paid because a former provider fraudulently claimed the hours). Without corroboration, these “he said, she said” situations often lack the evidence needed to file criminal charges. In such instances the only remedy available may be to file a case in small claims court.

The following steps will help recipients and providers protect themselves from falling victim to this kind of fraud. Not only will this help you, it will save valuable IHSS dollars, county time and resources:

STEP 1. Any time a provider is fired or hired, the recipient should IMMEDIATELY contact IHSS Payroll to have the provider of record updated. Remember that this can be done even in the middle of a pay period, and calling right away will prevent a former provider from being paid for hours claimed on days after they are fired.

The number for IHSS Payroll is: (916) 874-9805

STEP 2. A provider can also call IHSS Payroll after they have quit or been terminated to verify the date of his/her termination in the system is accurate. This will help prevent anyone from being able to claim hours and receive payment under your name.

STEP 3. It is an excellent practice to keep detailed records of the times and dates worked separate from the timesheets. For example, you can keep a calendar or task grid noting the days and hours worked, appointments you had or ones where you took your recipient, trips to the pharmacy or grocery store etc.. Such records can be helpful in verifying who worked the hours and may make a difference in a “he said, she said” situation.

STEP 4. Do not sign or submit any timesheets claiming hours that were not actually worked. If you are asked to sign a false timesheet you should refuse in order to avoid becoming part of a crime and advise the assigned social worker of the attempted fraud.

If you suspect or know about IHSS fraud, please contact us. Money stolen from the program isn't available to those truly in need of services, and in these critical budget times, every dollar counts. You can submit referrals using our toll-free number: (866) 410-4040, by email to ihssfraud@sacda.org, or by the on-line report form located on our website at www.sacda.org.

✓ Please check classes you will attend.

Registration



July 2010			
Handling Difficult Consumer Behaviors	7-14-10	Wed.	5:30 - 7:30pm
Points for Providing Personal Care /Wheelchair Users	7-21-10	Wed.	5:30- 7:30pm 
Adult Protective Services and Fraud	7-28-10	Wed.	5:30- 7:30pm
August 2010			
The Importance of Foot Care	8-04-10	Wed.	5:30 - 7:30pm
Home Safety and Universal Precautions	8-11-10	Wed.	5:30 - 7:30pm 
Grief and Bereavement	8-25-10	Wed.	5:30 - 7:30pm
September 2010			
Community Resources to the Rescue!	9-08-10	Wed.	5:30 - 7:30pm 
How to Cope with Caregiver Stress and Burnout	9-15-10	Wed.	5:30 - 7:30pm
An Overview of HIV/AIDS	9-29-10	Wed.	5:30 - 7:30pm
October 2010			
How to Talk to Your Doctor	10-07-10	Thur.	5:30 - 7:30pm 
How to Cope with Sleep Disturbances	10-14-10	Thur.	5:30 - 7:30pm
Conservatorships, Trusts and Future Planning	10-21-10	Thur.	5:30 - 7:30pm
November 2010			
Managing Chronic Pain	11-03-10	Wed.	5:30- 7:30pm
Help with Hoarding	11-10-10	Wed.	5:30 - 7:30pm
Nutrition for the IHSS Consumer	11-17-10	Wed.	5:30 - 7:30pm 
December 2010			
Mobility and Fall Prevention	12-01-10	Wed.	5:30 - 7:30pm 
Programs for Young People with Disabilities	12-08-10	Wed.	5:30 - 7:30pm

To enroll in classes, complete and return this Education Registration Form. Register Early! Attendance is limited to the first 50 registrants. Walk-ins available as space permits. For more information about our caregiver classes, please call: (916) 876-5173 or visit our website at www.sacihsspa.net.

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



Sacramento County
 IHSS Public Authority
 3700 Branch Center Road, Suite A
 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
 Roger Dickinson
 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: NAMI CALIFORNIA



NAMI (National Alliance on Mental Illness) California is a grass roots

organization of families and individuals whose lives have been affected in some way by serious mental illness. Their activities include advocating for legislation, policy, education and events that raise community awareness and reduce discrimination against residents affected by mental illness.

NAMI provides direct support for Californians. The Peer-To-Peer program benefits people with any type of serious mental illness who are interested in establishing and maintaining their wellness and recovery. Peer-To-Peer classes are taught by trained mentors who provide participants with a variety of resources and strategies to promote emotional health.

NAMI also sponsors weekly support groups free of charge for individuals with a variety of mental health conditions. Meeting times and locations can be found on their website. NAMI provides a number of weekly and monthly support groups that assist family, friends and caregivers to support their loved one and cope with stress and burn-out. NAMI also offers services to address the unique experiences of veterans and their families.

NAMI helps you advocate for social justice. The NAMI website offers a page providing resources that help individuals and families navigate the criminal justice system when mental illness is an issue. The page links to guides that can help when a mentally ill family member is arrested and has crisis resources and information about involuntary confinement and treatment. There is also information that advises law enforcement personnel and agencies about understanding and managing individuals with mental illnesses appropriately.

Visit the NAMI Website at <http://www.namicalifornia.org> for more information or call them at (916) 567-0163.