



Caring Matters

County of Sacramento

November 2017

FREE Seasonal Flu Clinics are Back!!!



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IHSS Public Authority

Welcome to the new IHSS Public Authority Newsletter! We've gone electronic with our newsletter, and welcome your suggestions for content or general feedback.

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The Sacramento County Immunization Assistance Program will be hosting a series of FREE Adult and Family Flu Clinics throughout the month of November.

Cases of influenza can show up as early as October and the flu season continues through February. Everyone in the community who can get vaccinated, should get vaccinated. Vaccination is the best protection against the flu. As the number of vaccinated individuals in a community increases, the likelihood that a person who has not been vaccinated coming into contact with the virus decreases.

"Those who cannot receive the vaccine, including infants under six months of age, rely on others being vaccinated to protect them," Pam Harris, Sacramento County Public Health Director of Nursing, said. "The earlier people get vaccinated, the better. It takes two weeks for the protective properties of the vaccine to take effect."

In the U.S., over the past 30 years, there have been an estimated 3,000 deaths in a mild flu season to as many as 49,000 deaths in a severe flu season. The most vulnerable to the flu are elderly, children under six months of age and individuals with a compromised immune system, such as those living with HIV, diabetes or those going through chemotherapy.

Flu shots will be available for persons over six months of age without medical contraindication to receive the vaccine. FluMist is not available in the 2017-2018 flu season. Donations will be accepted but are not required. All flu clinics listed below will be open from 10am to 1pm.

Wednesday, November 1st: Mission Oaks, 4701 Gibbons Drive, Carmichael.

Saturday, November 4th: Church of Christ, 4910 Lemon Hill Drive, Sacramento.

Wednesday, November 15th: Cordova Church of Christ, 10577 Coloma Road, Rancho Cordova.

Wednesday, November 29th: Chabolla Center, 600 Chabolla Avenue, Galt.

Wednesday, December 6th: Rusch Park, 7801 Auburn Road, Citrus Heights.

Thursday, December 14th: North Highlands Community Center, 6040 Watt Avenue, North Highlands.



Upcoming FREE Classes

IHSS Public Authority regularly holds classes on a variety of subjects related to caregiving! All classes are open to both Providers and Recipients, and are held on Thursday evenings as scheduled below. Classes begin at 5:30pm and end by 7:30pm. Take a look at some upcoming classes:

November 2nd: Mobility and Fall Prevention*. Presented by CSUS Nursing students, this class will identify primary conditions leading to falls and how to prevent accidental falls in the home.

November 9th: California Victim Compensation Board. Presented by Cindy Kaiser, Advocate and Liaison for the California Victim Compensation Fund, this presentation will provide an overview of the program and information on how victims of violent crime can access the State Restitution Fund.

December 7th: How to Talk to Your Doctor. Presented by IHSS PA staff, this class will discuss ways to help your Recipient manage medical appointments and medications.

* **Indicates Core Class**. Core Classes provide information on the basic issues and skills each Provider needs to do their job safely, and helps Providers become more proficient in their work. A certification of completion is given at the end of each class, and each core class completed is noted in the Provider's profile, enhancing interviews with prospective Recipients.

KNOW...About Alcohol and Older Adults

Alcohol can have a greater effect on our bodies as we get older. About a third of older adults with alcohol problems develop them for the first time later in life.

As people get older, their bodies change. Alcohol is broken down more slowly, and they become more sensitive to the effects of alcohol. Therefore, if people continue to drink the same amount of alcohol, as they get older, it is likely to affect them more. It is important for people as they get older to be aware of how much they are drinking and to think about drinking less.

Major changes in our life can lead to our drinking levels creeping up without us realizing. These life changes include grief, declines in physical health, becoming a caregiver, loneliness, difficulty getting around, social isolation, changes in life patterns such as retirement, and unhappiness or depression.

Problem drinking in older adults is often hidden and symptoms can be mistaken for a physical or mental health problem.

For older adults, it is important to set clear drinking limits. Older adults who drink too much are more at risk of a range of both physical and mental health issues, including accidents, stroke, heart disease, cancer, depression, confusion or dementia.

For more information on the risks of drinking too much alcohol, download the booklet, "Alcohol, drugs and older people" here: www.publichealth.hscni.net/publications/alcohol-drugs-and-older-people.

