

Caring Matters

July-December 2012



Sacramento County IHSS Public Authority and IHSS Advisory Committee Newsletter

FIND YOUR BLISS: INSPIRATION

 *Inside*

in-spi-ra-tion: noun

- 1 a: something that makes someone want to do something or that gives someone an idea about what to do: a force or influence that inspires someone
b: a person, experience, etc., that makes someone want to do something.
2: a good idea



Are you bored and indifferent because you're in a rut? Perhaps your attitude is less than cordial because of overwhelming stressors in your life. It's easy to succumb to feelings of burnout and frustration. But it's when we are the most frustrated that we have to remind ourselves to take on the world and find our inspiration.

What inspires you to dig deep and be your best self? What encourages you to be giving when you're spent, loving when you're angry or patient when you are in the hurry? Finding inspiration can be a challenge. That's why we are sharing ideas about where other Sacramento caregivers find their inspiration.

THOUGHTS TO INSPIRE

My Mother by Caregiver *Debra Briner*

My mother is my inspiration. She encourages me and tells me I can do anything I put my mind to do. She says never give up but just do my best.

Making a Difference by Caregiver *Demetria Ware*

What gives me strength is to know that I am helping at least one person to have a safer and healthier life.

Paying it Forward by Caregiver *Miranda Vasquez*

I find my compassion as a caregiver by knowing that I am treating people the way that I want to be treated when I become a senior. I give the same care and love that I want to receive - that's my everyday inspiration.

QUOTES TO INSPIRE

"Some days, there won't be a song in your heart. Sing anyway." *Emory Austin*

"God gave burdens, but he also gave shoulders." *Ancient Proverb*

"Forgiveness isn't an occasional act; it's an attitude." *Martin Luther King, Jr.*

"Things turn out best for those who make the best of how things turn out." *Jack Buck*

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Caregiver

HELP WITH HOARDING

Are you having trouble maneuvering through your recipient's home? Do you provide care for a family member who "stashes" instead of "trashes"? It's possible that you are caring for someone who hoards. Hoarding is the term used to describe the behavior of people who keep items that have little value. They have so many possessions that they can't use their living spaces. As their belongings accumulate, they are unwilling to part with any of them. This causes embarrassment and anxiety.

HOARDING ISN'T COLLECTING. Collectors acquire and keep similar types of items based on their likely value. Collections are organized, cared for and displayed with pride. Hoarded items are of different types, of little value, in disrepair and disorganized.

HOARDING IS A PROBLEM when it interferes with functioning. Your client may not be able to locate needed items. Accumulated belongings may present a tripping hazard or cause a build-up of allergy inducing mold and dust. Your family member might isolate themselves out of shame and embarrassment.

PEOPLE WHO HOARD MAY WISH THINGS WERE DIFFERENT, but they don't know how to be different. They can be helped, though you will likely see only mild or moderate changes. Often, friends and family must seek help and learn ways to motivate the hoarder. It's important to have realistic expectations.

HOARDING FACTS

HOARDING BELIEF SYSTEM

- * Scarcity: Belief that hoarded items will be needed someday
- * Indecision: Unable to decide what to discard; fear of error
- * Rainy Day: Items can't be discarded in case times get tough.

HOARDING THOUGHT PATTERNS

- * Deny that they have too much junk
- * Rationalize that all hoarded items will be valuable/handy one day
- * Minimize the problem
- * Procrastinate by delaying dealing with the problem until later.

HELP IS AVAILABLE!!!

Does your recipient have hoarding habits? We have just the class for you. Kim Dochterman MSW, will offer information, resources and support at the upcoming "Help with Hoarding" class. See page 15 to register.

THINGS HOARDERS SAVE:

Newspapers * Paper * Containers * Clothing * Things other people throw away



MEET YOUR IHSS PUBLIC AUTHORITY REGISTRY SPECIALISTS



The IHSS Public Authority Caregiver Registry matches consumers in need of care with screened caregivers looking for work. These matches don't occur by magic! The Caregiver Registry is managed by three hardworking specialists and one amazing clerical support staff. This team goes all out to make sure that caregiver applicants are well-screened (including reference checks) and that consumers have quick access to critical in-home care. They do a great job and we would like you to meet our registry staff:

*A'Kitra Moore, Social Work Intern
IHSS Public Authority*

*Amanda
Juarez*

Words To Live By: Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.



What are your hobbies? Dancing, singing, and traveling.

Something unique about yourself that will surprise most people? For my last year at UC Santa Cruz, I studied abroad in Santiago, Chile through the University of California Education Abroad Program.

Favorite part of your job? It brightens up my day when I receive a call from an IHSS client or their relative notifying me they've found the perfect caregiver from our Registry.

*Rachna
Malhotra*

Words To Live By: When I Change, the World Changes.



What are your hobbies? Eating, cooking, traveling and decorating

Something unique about yourself that will surprise most people? I was a Gymnast in school & college.

Favorite part of your job? When caregiver's call to update every 30 days and I receive news that they are fully employed and currently working.

*Stephanie
Glidden*

Words To Live By: Well-behaved women seldom make history.



What are your hobbies? Traveling, cooking, and reading.

Something unique about yourself that will surprise most people? I have a Bachelor of Arts in Women's Studies and I volunteer with an organization that assists survivors of domestic violence and sexual assault.

Favorite part of your job? It is really rewarding to help consumers maintain their independence and live in their own homes.



Consumer

ARE YOU A SUPER SUPERVISOR?



Wanda was upset. Even though her IHSS Social Worker had authorized her more than 200 service hours per month, she felt her needs weren't being met. Her daughter Karen was providing care during the daytime and Janie, a caregiver hired through the IHSS Public Authority Caregiver Registry, was providing care during the evening. Karen was falling into her teenaged habits of doing sloppy work and preparing meals that relied on processed food, all with a bad and complaining attitude. Janie ran the bath water too hot and used laundry soap and cleaners that caused Wanda to itch. Wanda couldn't figure out what to do to get the services she needs.

Does this sound familiar? Do you have problems similar to Wanda's? Many IHSS recipients feel the same. It can be difficult to remember that you are your caregiver's supervisor when you feel dependant on their help.

HERE ARE TIPS TO HELP YOU RECEIVE THE BEST POSSIBLE CARE:

- **Keep in mind that YOU are the employer.**
- **Be sure your instructions are clear.**
- **Tell your caregiver to let you know if they don't understand you.**
- **Be respectful of your caregiver. This encourages them to be respectful to you.**
- **Give praise! Compliment your caregiver when you see they are working hard and doing a good job.**
- **Always comment on a task that has been done correctly before being critical of one that hasn't.**
- **Tell the caregiver in a calm, pleasant way how you would like tasks to be completed.**
- **Discuss problems as they arise – don't bottle them up.**
- **Maintain professional boundaries with your caregiver. Remember they are being paid for their work, not their companionship.**

After reviewing the list of supervision tips, Wanda realized that perhaps Karen was confused about her role as a caregiver. She also realized that Janie didn't know what was expected of her. Wanda visited the website for the IHSS Public Authority and downloaded a task grid. She completed one with each caregiver and then she posted the grid on the fridge. Using the task grid helped both Karen and Janie to understand expectations. Wanda had a much-needed conversation with Karen to discuss the difference between visiting her home as a daughter and working in her home as a caregiver. Wanda also spoke with Janie, providing a detailed description of how she wanted tasks to be completed. Best of all ~ Wanda used these discussions to tell both women how much she appreciated the work they were doing and how glad she was that they worked for her.



MANAGING YOUR FAIR HEARING

If there is disagreement with the hours that were awarded during the most recent assessment or reassessment, a “fair hearing” provides the opportunity to challenge the number of hours assessed, a reduction in awarded hours or the termination of services.

First, contact the IHSS program at (916) 874-9471 and discuss the problem with the social worker of the day or supervisor. This may be enough to solve the problem. If you are still not satisfied then you can ask for a fair hearing.

The county must send a Notice of Action form if they plan to change or terminate your services. The Notice of Action must include the action the county intends to take, the reasons for that action and an explanation of your right to request a hearing.

IMPORTANT TIMELINES



You must request a fair hearing prior to the effective date specified on the Notice of Action in order to maintain your current hours until a hearing is held and a decision is issued. The effective date is located under your address at the top of the form. This is called “Aid Paid Pending,” and it is not automatic when you request a hearing - the County makes the determination. If you miss the effective date, you can still request a hearing as long as you make your request within 90 days from the date the Notice of Action was mailed. That date is located on the top right-hand corner under your case number. If you win at the hearing, the judge may or may not order back payment.

To request a fair hearing, fill out the back of the Notice of Action form and send it to the address indicated on the form, or send a letter to IHSS Fair Hearing, State Hearing Office, Department of Social Service, 744 P Street, Mail Stop 37-19 Sacramento, CA 95814, OR fax the letter to (916) 229-4110 or call the toll-free number at 800-743-8525.

AFTER YOU FILE YOUR APPEAL



You will receive a letter from the state giving you notice of the time and place of the hearing at least 10 days before it is scheduled. If you cannot attend because of poor health, you can ask that the hearing be conducted by telephone.

Two days before the hearing is scheduled, you may request a copy of the county’s position statement. That will tell you the reason the county reduced or terminated your service hours and the evidence and witnesses they will call at the hearing. You may want to draft your own position statement to tell the Hearing Officer why the county is wrong or mistaken.

Don’t be nervous on the day of your hearing. These hearings are very informal. The Hearing Officer knows you are not a lawyer and will give you a chance to tell your side of the story. It’s very important to remember that the county has the burden to prove why your hours need to be reduced or your services be terminated.

NEED MORE HELP?

Contact Disability Rights California at 800-776-5746 or online at www.disabilityrightscalifornia.org.



Health

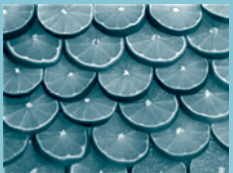
DEMENTIA & NUTRITION: WHAT YOU NEED TO KNOW

The World Health Organization recently estimated that the number of people living with dementia will double in the next two decades and triple in the next forty years. “Dementia” describes a group of symptoms that are caused by changes in brain function. Symptoms may include asking the same questions repeatedly, becoming lost in familiar places, being unable to follow directions, getting disoriented about time, people and places, and neglecting personal safety and hygiene. Dementia progresses at a different pace for different people and the risk of dementia increases with age. Everyone who lives long enough will develop cognitive problems to some degree, but did you know that the food we eat can help us maintain healthy bodies and brains.

FOODS THAT NOURISH OUR BRAINS



DRIED BEANS AND GREEN PEAS are a rich source of B-complex vitamins (including folic acid) and have lots of protein and fiber. Consider taking a supplement if you are older or if you have stomach problems, such as ulcers. A 2010 study found that people diagnosed with mild cognitive disorders who took B-6 and B-12 supplements showed less brain shrinkage than their peers who didn't supplement.



CITRUS such as yellow, green and orange citrus fruits are rich sources of vitamin C. A study at John Hopkins University showed that men and women who took multivitamins containing C and E were less likely to develop Alzheimer's, a type of dementia.



NUTS AND AVACADOS are foods that contain vitamin E, which promotes healthy blood vessels that nourish the brain. People with high levels of vitamin E have been shown to have a lower risk of developing dementia. It's important to get your vitamin E from food and not supplements because very high dose supplements might do more harm to your health than good.



FISH like cold water fish or salmon, contain omega-3 fatty acids, which is a 'good fat' that is healthy for your heart and brain. Eat a serving once or twice weekly. UCLA research showed that folks with low levels of omega-3's had more brain shrinkage and did more poorly on memory tests. Talk to your doctor before taking a supplement due to the risk that supplements can cause blood thinning.



COFFEE with caffeine was found to reduce Alzheimer's-like symptoms in mice, giving University of Florida research staff reason to think coffee may produce the same effect in humans. Enjoy your cup of Joe!

The link between nutrition and good health is complicated and will keep scientists busy for a long time. There are many rewards to a healthy diet but the most important might be keeping our brain healthy.



DO I NEED THIS MEDICAL TEST?



In April of this year, the American Board of Internal Medicine Foundation (that represents doctors who specialize in a particular area of medicine) did something surprising...they told doctors that many common tests and medical procedures were being performed too often. Sometimes these tests and procedures do more harm than good.

This caught many of us off guard. How could it be better for your health not to have a test than to have one? There are many reasons that a test shouldn't be ordered. First of all, doctors may order tests more to avoid malpractice suits than to treat a patient or diagnose disease or injury.

Second, the payment system in the United States sometimes encourages over-testing. Finally, almost all medical tests have a certain number of false results. Bad results just lead to unneeded procedures or medication, both of which can have risks and side effects.

HERE ARE SOME OF THE RECOMMENDATIONS THAT MAY AFFECT YOU:

CT scans, X-ray or MRI for lower back pain: Back pain is a common reason for a doctor's visit but the majority of folks with lower back pain will get better in four to six weeks. Testing can expose you to unnecessary radiation and/or unneeded treatment. Your doctor may prescribe rest and delay testing for six weeks unless he or she has reason to suspect a serious underlying condition.

Antibiotics for mild-to-moderate sinus infection: More than 90% of sinus infections are caused by viruses, and viruses aren't cured by antibiotics. Overuse of antibiotics leads to disease-resistant bacteria. Under the new guidelines, doctors are encouraged not to prescribe antibiotics for sinus infections unless your symptoms last longer than seven days.

EKG and heart screening tests for asymptomatic, low-risk patients: Many people have these tests as part of a routine physical even though they have no risks or symptoms. Low-risk patients are much more likely to have false positive results than those with risk. False positive results can lead to expensive tests and even invasive procedures.

Bone Density Tests for Women under 65 with no risk factors: Even though many doctors order a density scan for women who are 50, the above report concludes that it's unnecessary for those with no risk factors or symptoms. What's the risk? You may be prescribed unnecessary medication that has serious side effects.

Non-Steroid Anti-Inflammatory Drugs for relief from minor pain: These drugs include Ibuprofen, Advil and prescriptions like Celebrex. These drugs can be dangerous, causing blood pressure swings, fluid retention and interfere with kidney function. They are linked to stomach bleeding and increased risk of heart and kidney problems. Your doctor may suggest other treatments options during your next visit.

Remember, you have the right to ask why a test is being performed or ordered. Be informed before deciding to proceed. Ask what are the risks and side effects.



Connection

LOCAL MENTAL HEALTH TREATMENT RESOURCES



Alex Rechs

Caring Matters staff recently talked with Alex Rechs, a Program Coordinator for the Sacramento County Division of Mental Health. She wanted to share information about programs that Sacramento County offers for county residents experiencing problems associated with mental health.

HERE'S WHAT SHE TOLD US...

Q: HOW DO ADULTS IN SACRAMENTO ACCESS MENTAL HEALTH SERVICES?

A: Good question. We get asked this all the time. The answer really depends on how you receive your health care.

- 1: Is there is private health insurance or is insurance through an HMO (like Kaiser). If so you have to follow their rules and should call your insurer.
- 2: If coverage is through Medi-Cal, then call the Adult Access Line at (800) 834-3059.
3. If adults have neither Medi-Cal nor private health insurance, we recommend calling 211. Just dial 211 or visit their website at www.211sacramento.org. Uninsured adults may also contact the Network of Care at www.sacramento.networkofcare.org.

Q: IS THERE A PROGRAM IN SACRAMENTO FOR LOW-INCOME CHILDREN?

A: Yes! Children's Access is for children who qualify for Medi-Cal. Call (916) 875-9980 to reach intake. Services can include traditional play and/or talk therapy and/or medications evaluation and assistance. Children and teens who do not qualify for Medi-Cal can receive mental health services through the Healthy Families Program. More information about the Healthy Families Program is found at www.healthyfamilies.ca.gov or by calling 866-682-9903.

Q: ARE THERE SERVICES ESPECIALLY FOR SENIORS?

A: There are! El Hogar Community Services offers two wonderful programs. Sierra Elder Wellness, specializes in outpatient mental health services for older adults (aged 60+) as well as transitional aged adults (50-59). Call Sierra Elder Wellness at (916) 363-1553 for more information. Senior Link is a prevention and early intervention program for older adults who are beginning to show signs of isolation or depression. Call (916) 369-7872 to reach Senior Link.

Q: SACRAMENTO IS A VERY CULTURALLY DIVERSE COMMUNITY. DO SERVICES REFLECT THAT DIVERSITY?

A: County managers are committed to providing ethnically and linguistically competent services. We receive feedback from mental health consumers, family members, staff and other members. They help us to ensure services are accessible to everyone.

Q: ANYTHING ELSE THAT YOU THINK IS IMPORTANT FOR OUR READERS TO KNOW?

A: The Suicide Prevention Crisis Line takes calls 24 hours/day. Call (916) 368-3111 if you or someone you know needs help. The most important thing for our community to know is that help is always available.

THANKS ALEX! WE APPRECIATE YOUR TIME ALSO AND THE HARD WORK THAT'S GONE INTO CREATING A COMPREHENSIVE SET OF SERVICES DURING THESE ECONOMICALLY DIFFICULT TIMES.



IHSS ADVISORY COMMITTEE

We are happy to say that the spirit of volunteerism is alive and well in Sacramento County. Members of the IHSS Advisory Committee are volunteers and they want to ask you to consider volunteering too!

REWARDS FROM VOLUNTEERING

- * **You get a chance to give back** to programs from which you or loved ones benefit.
- * **You strengthen your community** by supporting activities of importance.
- * **You meet new people** and widen your circle of friends.
- * **You gain experience** and even test drive a new career!

SACRAMENTO VOLUNTEERS COUNT



What a difference Sacramento volunteerism makes! Each year County Supervisors recognize the contributions of volunteers. In 2011, more than 4,300 volunteers contributed 769,165 hours with a total value of \$18,626,918. WOW!! That's a big check!

Sacramento County Board of Supervisors: (Left to Right) Jimmie Yee, Susan Peters, Roberta MacGlashan, Don Notolli & Phil Serna
To volunteer: www.sacihsdpa.net or www.dhhs.saccounty.net

WELCOME LEOMA LEE CHAIR OF THE IHSS ADVISORY COMMITTEE



The July 2012 meeting of the IHSS Advisory Committee meeting will be bittersweet as Chair Melissa Kinley completes her term and hands over the gavel. Newly-elected Chair Lee has a lifetime of experience as an advocate for fairness and opportunity for all. Ms. Lee currently serves on the Adult and Aging Commission, the Disability Advisory Commission, the Older Women's League and more – plus, she has almost completed her Bachelors degree.

Why does she stay so involved? “Well” she chuckles, “I’m not afraid to speak up about things that are important. People have big problems and they need help. Most people are too scared to speak up – they’re afraid they will lose what little they have.”

What will the pressing issue of the next year be? “I’m really worried about the impact that the move to managed care may have on IHSS recipients. I also am working for expanding access for physically and sensory disabled persons at the jail.”

In her spare time, Ms. Lee escapes in good mystery and romance novels. Let's wish her lots of luck in managing the challenges of the next year.



Education

GET THE SUPPORT YOU NEED

*Sumi Arnold, Social Work Intern
EHS Public Authority*

The last few years have been difficult for many Sacramentans. The economy is in the doldrums. We receive warnings every few months that our social safety net is being shredded. Bad economic news can exacerbate problems in our lives and undermine important relationships.

Bad times can make good times seem much sweeter. It's normal to give ourselves a few days to feel better. But, if the gloom doesn't lift and if you struggle to take charge of your life again then it may be time to evaluate whether you might benefit from mental health care.

Mental health symptoms can range from mild to quite severe. It's time to get help if you have difficulty coping with day-to-day living. It's estimated that 25% of adults will experience some symptoms in their lifetime. You are not alone.

SIGNS YOU MAY NEED EXTRA SUPPORT:

- Confused thinking
- Social withdrawal
- Excessive fears and worries
- Strong feelings of anger
- Substance abuse
- Numerous unexplained physical problems
- Denial of obvious problems

The article, "Local Mental Health Treatment Resources" on page 8 discusses different ways to obtain mental health care in Sacramento. Helping professionals have different educations and licenses; to someone first coming into contact with them, it can be nearly impossible to understand their different roles. But, equipped with the information below, you will be better prepared to seek out the right professional to help you.

MFT: A Marriage and Family Therapist, seeks to improve relationships between couples, families and groups. They use counseling to help develop strategies for more effective communication.

LCSW: A Licensed Clinical Social Worker, specializes in counseling diverse populations. They can refer clients to resources and work with individuals to navigate through difficult situations.



PSYCHOLOGISTS: Psychologists work with individuals to diagnose and treat mental and behavioral disorders. Psychologists counsel individuals and groups.

PSYCHIATRISTS: Psychiatrists are medical doctors who specialize in treating psychological disorders. They are able to diagnose patients and prescribe medications to treat chemical imbalances.



LEARN ABOUT LEARNING...RESULTS ARE IN



The AARP (American Association of Retired Persons) completed a national survey of Americans aged 50 and older to identify their learning preferences. Read below to see if your style is consistent with the style of other learners!

MATURE LEARNER STYLES

1. Mature learners are interested in learning about subjects that will build on a current skill, enable them to take better care of their health or generally improve the quality of their lives. These learners pursue information about a favorite hobby or pastime, advanced skills, healthy diet and nutrition.
2. Over 90% of older learners want to keep up with what's going on in the world and their community. This interest is shared by those over 50 regardless of income, gender, education, state of residence or other factors.
3. This group typically learns by using books, magazines and newspapers when they want to learn about something.
4. Older adults want to use what they learn immediately. They said they were eager to learn new skills by first seeing it done, then doing it.
5. We like to learn together. Most mature learners prefer to learn with groups of their peers.

SACRAMENTO HAS LOTS OF OPPORTUNITIES TO MAKE NEW FRIENDS AND LEARN NEW SKILLS. TRY THESE IDEAS ON FOR SIZE...


- *Sharpen your skills and meet other caregivers by taking a class offered by the IHSS Public Authority (see pages 12-13).
- *Check out the Sacramento Public Library which offers classes on a wide variety of topics at various branches. They loan instructional videos, too! Call (916) 264-2700, visit www.saclibrary.org or just talk to the librarian at your local branch.
- *Senior Centers offer lots of opportunities to learn and socialize. The Hart Senior Center is the hub for older adult activity in Sacramento. Staff are available for assistance! Contact them by calling (916) 808-5462 or visit the center at 915 27th Street (at J Street) in downtown Sacramento.
- *Get an activities catalog from Sacramento Parks and Recreation Department. Call (916) 808-5200 or visit their website at www.cityofsacramento.org/parksandrecreation.




Learning

Class Schedule


July 2012 Classes

Points for Providing Personal Care/Wheelchair Users- Helpful tips for mouth care, bathing, feeding, dressing, and grooming your recipient.	7/18/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Common Eye Care Diseases and Available Resources- All eyes will be on Dr. Shiu as he discusses eye health, conditions and diseases and changes that occur in the aging eye.	7/25/12	Wed.	5:30-7:30pm
	Dr. Donny Shiu, O.D. CA Dept. Of Health Care Services		


August 2012 Classes

Understanding Alzheimers and Dementia- Overcome difficulties in caring for consumers with cognitive impairments.	8/15/12	Wed.	5:30-7:30pm
	Denise Davis, Alzheimer's Association		
Home Safety and Universal Precautions- Stay safe on the job and injury free by applying these tips and hints.	8/22/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		

September 2012 Classes

Community Resources to the Rescue! - Learn about programs that can be of help to caregivers and consumers. **Fifty Plus Wellness Program, Supporting Community Connections, & 211**	9/05/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Recognizing & Responding to Violence in the Home- Recognizing the signs and types of domestic violence and learn more about resources and interventions.	9/19/12	Wed.	5:30-7:30pm
	Roger Freeman, W.E.A.V.E. Women Escaping a Violent Environment		

October 2012 Classes

How to Talk to Your Doctor- Help your consumer manage medical appointments and medication.	10/10/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Help With Hoarding- Learn to recognize when hoarding is a problem, the causes for hoarding and strategies to cope with consumers who hoard.	10/24/12	Wed.	5:30-7:30pm
	Kim Dochterman, MSW Adult Protective Services		

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.


Core Class Categories

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


 = CORE Class



November 2012 Classes

Nutrition for the IHSS Consumer- You can eat a healthful way-even on a budget. Special attention is paid to the senior diet.	11/07/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Community Resources for Children- Project R.I.D.E. offers therapeutic recreational horseback riding for children with special needs. Access Leisure provides recreational programs & social gatherings for teens and children with disabilities. Learn about Special Olympics and how one can apply to participate.	11/14/12	Wed.	5:30-7:30pm
	Marissa Desales, Project R.I.D.E. Jenny Yarrow, Access Leisure Josh Mandel-Sonner, Special Olympics		

December 2012 Classes

Mobility and Fall Prevention- Learn about conditions that can lead to falls and how to prevent accidental falls in the home.	12/05/12	Wed.	5:30-7:30pm
	IHSS Public Authority Staff 		
Beat the Holiday Blues- Keep your holidays on a high note! Both caregivers and consumers can benefit by learning strategies for avoiding stresses of the holiday season.	12/12/12	Wed.	5:30-7:30pm
	Jeanette Salinas, LCSW		

CLASS LOCATION

IHSS Public Authority Offices are located at 3700 Branch Center Road, Sacramento, CA 95827

Fax: (916) 875-0946 Training line: (916) 876-5173

E-mail: IHSS-PA-Education@saccounty.net Website: www.sacihsspa.net

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 Debra Larson at (916) 876-7592.

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 Debra Larson al (916) 876-7592.

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 (Debra Larson) (916) 876-7592.

TRAINING MATTERS

RESOURCES

Courtesy of
Elder Death Review Team

MEDICAL

People without insurance:

- County Medically Indigent Services
9616 Micron Ave, Suite 64
Sacramento, CA 95827
916-875-9843
www.sacdhhs.com
- Health Insurance Counseling and Advocacy Program
1-800-434-0222
www.cahealthadvocates.org/HICAP
- Medicare Assistance
1-800-MEDICARE
1-800-633-4227
www.medicare.gov

MENTAL HEALTH

- DHHS Division of Mental Health Access Team
916-875-1055
916-875-1000 (for an emergency)
 - Community Connections for Older Adults
916-855-5444
 - El Hogar Community Services Inc.: Senior Link
916-369-7872
- Grief of a lost loved one:**
- Bereavement Network Resources of Sacramento, Inc.
916-557-5882

LEGAL

- Legal Services of Northern California
916-551-2150
www.lsncc.net
- McGeorge Community Legal Clinic
916-340-6080

OTHER RESOURCES

Help finding residential or long term care facility:

- Community Care Licensing
916-263-4700

Seniors over 59 who need food delivered:

- Senior Nutrition Services
916-444-9533

Free specialized telephone equipment for anyone disabled:

- California Phones
1-800-806-1191 - Call Center
1-800-806-4474 - TTY
www.ddtp.org

Reporting suspected abuse of an elder or dependent adult:

- Adult Protective Services
916-874-9377
- Sacramento Co. Sheriff's Dept.
916-874-5115 or 911
- Sacramento Police Department
916-264-5471 or 911

If you suspect abuse or neglect at a long term care facility:

- Ombudsman of Northern CA
916-376-8910 or
1-800-231-4024
www.osnc.net
- 211 Sacramento
211; 916-498-1000 or
800-500-4931

Heating or cooling problems:

- SMUD Energy Assistance Program for Seniors
916-874-0979 or
seat@saccounty.net
- Pacific Gas & Electric, PG&E
1-800-743-5002

Transportation assistance:

- Regional Transit
916-321-2877 or
916-483-4327 TDD
- Paratransit
916-429-2744
- South County Transit
1-800-338-8676
- Ca Dept. of Developmental Svcs.
(for eligible consumers)
916-654-2054 TTY or
916-654-1690

Employment assistance:

- Sacramento Employment and Training Agency (SETA)
916-263-3800 or
1-800-735-2929 TTY
www.seta.net

Low cost auto insurance for low income good drivers:

- 1-866-602-8861

Is a charity legitimate:

- CA Attorney General's Office
(916) 322-3360
www.ag.ca.gov/charities/

Reverse mortgages questions:

- U.S. HUD Sacramento Office
916-498-5220 Ext. 221

HOME REPAIR

Home repair assistance for seniors and the disabled:

- Contractors State Licensing Board
(license verification/problems with contractors)
1-800-321-2752



Please only check classes you will attend.

Registration



July 2012

Points for Providing Personal Care/Wheelchair Users	7-18-12	Wed.	5:30- 7:30pm	
Common Eye Care Diseases and Available Resources	7-25-12	Wed.	5:30- 7:30pm	

August 2012

Understanding Alzheimers and Dementia	8-15-12	Wed.	5:30 - 7:30pm	
Home Safety and Universal Precautions	8-22-12	Wed.	5:30 - 7:30pm	

September 2012

Community Resources to the Rescue!	9-05-12	Wed.	5:30 - 7:30pm	
Recognizing & Responding to Violence in the Home	9-19-12	Wed.	5:30 - 7:30pm	

October 2012

How to Talk to Your Doctor	10-10-12	Wed.	5:30 - 7:30pm	
Help with Hoarding	10-24-12	Wed.	5:30 - 7:30pm	

November 2012

Nutrition for the IHSS Consumer	11-07-12	Wed.	5:30- 7:30pm	
Community Resources for Children	11-14-12	Wed.	5:30 - 7:30pm	

December 2012

Mobility and Fall Prevention	12-05-12	Wed.	5:30 - 7:30pm	
Beat the Holiday Blues	12-12-12	Wed.	5:30 - 7:30pm	

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

**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-____-_____ <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



IHSS General Information
 (916) 874-9471

IHSS Caregiver Registry
 (916) 874-4411

IHSS Caregiver-Consumer Education
 (916) 876-5173

IHSS Payroll
 (916) 874-9805

Governing Board:

Phil Serna
 District 1

Jimmie Yee
 District 2

Susan Peters
 District 3

Roberta MacGlashan
 District 4

Don Nottoli
 District 5

DHHS Ombudsman
 (916) 875-2000

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**SPOTLIGHT:
 VOTE! BE HEARD! VOTE! BE COUNTED! VOTE! BE READY!**



Seize the opportunity to be as important as a millionaire, as valuable as a movie star or as influential as the President of the United States. **VOTE!** We all are exactly equal when we cast our ballot.

WHO CAN REGISTER: To vote in California you must be a US citizen, a resident of California and 18 years old on Election Day. You cannot vote if you are in prison or on parole for a felony. You must re-register after you move, change your name or if you haven't voted in more than four years.

HOW TO REGISTER: Fill out a registration card, sign it and mail it in. Forms are available at most government offices and libraries, by phone or in person from Sacramento County Voter Registration, or forms can be downloaded from the Internet www.sos.ca.gov.

**YOU MUST REGISTER BY OCTOBER 22, 2012
 TO VOTE IN THE NOVEMBER PRESIDENTIAL ELECTION**

VOTE BY MAIL: If you cannot make it to the polling place then apply to vote by mail by contacting the Sacramento County Registrar of Voters (contact information is below). Anyone may apply for permanent vote by mail status.

ALTERNATE LANGUAGE BALLOTS: Sacramento County provides ballots in Chinese, English and Spanish.

POLLING PLACE DISABILITY ACCESS: Voters with disabilities, including the blind and visually impaired, can now vote unassisted at polling places.

QUESTIONS: Contact Sacramento County Registrar of Voters and Elections at (916) 875-6451, at 7000 65th St, Sacramento, CA 95823, or www.elections.saccounty.net/