

Summer 2017 / Fall 2017

Care Connection

Keeping YOU Connected to the IHSS Public Authority



IHSS Public Authority Presents....

CARE PROVIDER WORKSHOPS

June 20, 2017

TAKING CARE OF YOURSELF WHILE TAKING CARE OF OTHERS

This presentation will assist you in managing and understanding your needs while providing care for someone with a chronic illness and/or long term disability.

Presented by: Jillien Smith, El Dorado County Adult Day Services

July 18, 2017

A BETTER DIET FOR YOU

Eating a proper, nutritious diet offers numerous health benefits that keep you mentally and physically well. This presentation will provide you with an overview of the benefits associated with choosing healthy and affordable foods, while learning ways to prepare quick and nutritious recipes.

Presented by: Theresa Fagouri, Health Education Coordinator, El Dorado County Public Health

August 15, 2017

A CAREGIVER'S GUIDE TO UNDERSTANDING DEMENTIA

Did you know that dementia is a general term for a decline in mental ability severely interfering with one's daily life? This presentation will provide you with an overview of dementia and help you recognize signs and symptoms. You will leave this presentation with greater knowledge of dementia and better understanding of how to provide appropriate care.

Presented by: Jillien Smith, El Dorado County Adult Day Services

September 19, 2017

EFFECTIVE COMMUNICATION STRATEGIES

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Presented by: Alexandra Castillo-Weisgerber LCSW, Alzheimer's Association

Free

**All Presentations will be held at the:
Placerville Senior Center
937 Spring Street, Placerville
Main Dining Room - 1:30-3:00 p.m.**



COMMUNITY EVENTS

Mental Health and Older Adults Presentation- Tuesday, July 11th, 2017, 1-2:00 p.m. The Placerville Senior Center is pleased to offer this short and informational presentation on Mental Health in Older Adults. Learn how to recognize signs and symptoms of mental health and how to deal with someone needing assistance. For more information about this free presentation, contact (530) 621-6255.

Senior Farmers' Market Check Booklets Available-The El Dorado County Area Agency on Aging has a limited supply of Senior Farmers' Market check booklets available for qualified El Dorado County Seniors. Each eligible senior will receive one booklet that includes five checks redeemable for \$4 each to be used at Certified Farmers' Markets. Program guidelines apply. For more information call the El Dorado County Senior Information & Assistance Program at (530) 621-6251.

Matter of Balance Fall Prevention Class starting Tuesdays, October 31 - December 19, 9-11:00 a.m. in Cameron Park. This 8 week workshop will help you gain confidence, reduce your fear of falling and learn exercises and strategies to help prevent you from falling. Class is designed for those 50 years and older. For more information or to register please call (530) 626-2990.

Senior Nutrition Program is currently looking for dedicated, caring people to help deliver meals to homebound seniors. Each volunteer usually helps one day each week on an assigned route, delivering meals between 10:30 a.m. to noon. For more information, please call (530) 621-6160.

A Note of Thanks and a Call for Registry Providers

In March, I received these words of appreciation from the family member of a recipient who had been served by two of our Registry Providers:

"Thank you for all your help in finding these two wonderful helpers. I highly recommend both of them. I would not have been able to grant her wish to pass at home and not in a care home without the help and services of all three of you. Very much appreciated by the whole family."

This is why we do what we do! IHSS providers help people to remain in the comfort of their own home with dignity and pride. El Dorado County Public Authority is constantly recruiting providers to join our Registry and care for those who don't have a family member or friend to help.

If you, or someone you know would be interested in becoming a Registry Provider, please have them contact our office for information on how to join our Registry!
Susan Yett, Registry Training Specialist

GET INVOLVED!

The In-Home Supportive Services Advisory Committee needs your help! Are you an IHSS recipient or do you know of an IHSS recipient?

If you answered yes to either of these questions, consider joining the In-Home Supportive Services Advisory Committee. The Committee can provide you with an opportunity to participate as an advisor to the IHSS Program and Public Authority.

If you are interested in serving as a volunteer member or would like more information about the IHSS Advisory Committee, please contact the IHSS Public Authority at (530) 621-6287.