



Public Authority for IHSS in Alameda County Online Training Schedule

The Public Authority for IHSS in Alameda County provides FREE training to active IHSS Providers and Recipients

Class Offerings for November 2021:

- Diabetes Series Topic #2 Healthy Eating Part 1**
November 1st (Monday) 9:30 am – 11:30 am
Instructor: Rajinder Singh is a Diabetes Educator & Senior Nutritionist. This training breaks down the role of carbohydrate, protein, fat and fiber in blood sugar control and highlights a simple way to plan meals to balance foods for better blood sugar management. **Please only signup for this session OR 11/19/21 session.**
- Financial Wellness – Budgeting/Savings and Credit**
November 4th (Thursday) 9:30 am – 11:30 am
Instructor: Mameet Chahal, Vice President|Senior Program Manager – Wells Fargo at Work Program. Topics will include budgeting/savings and credit with a focus on how to manage money during the holiday season.
- How Can Home Health and Hospice Help? What You Should Know!**
November 15th (Monday) 1:30 pm – 3:30 pm
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This training empowers consumers and their caregivers with information on how they can self-advocate for health care benefits through Home Health and Hospice that can prevent ER visits, hospitalization and suffering. **Please only signup for this session OR 11/30/21 session.**
- Diabetes Series Topic #2 Healthy Eating Part 1**
November 19th (Friday) 1:30 pm – 3:30 pm
Instructor: Jackie Russum - Diabetes Educator & Nutritionist. This training breaks down the role of carbohydrate, protein, fat and fiber in blood sugar control and highlights a simple way to plan meals to balance foods for better blood sugar management. **Please only signup for this session OR 11/1/21 session.**
- Inflammation**
November 22nd (Monday) 9:30 am – 11:30 am
Instructors: Wanda Ferguson, RN PHN MSN, Program Manager. Could decreasing inflammation be the cure for everything? Managing your body's immune response is key to reducing disease and slowing the effects of aging; and current research has shown one common trigger: low-grade inflammation.
- How Can Home Health and Hospice Help? What You Should Know!**
November 30th (Tuesday) 9:30 am – 11:30 am
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This training empowers consumers and their caregivers with information on how they can self-advocate for health care benefits through Home Health and Hospice that can prevent ER visits, hospitalization and suffering. **Please only signup for this session OR 11/15/21 session.**

Use Link Below to Register:

https://forms.office.com/Pages/ResponsePage.aspx?id=LP_9Mm74o0ukfWpEp_RaZJCpL3BRpmVAIJyvKu5nKVIUMkdMTIIHQ0ZPTE9aR1hQTjdBRlowNkg3NiQIQCN0PWcu

Contact us at PAtraining@acgov.org for any questions.