



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

Online Class Offerings for January 2022:

Use Link Below to Register:

<https://forms.office.com/g/gp44NfFCUJ>

Diabetes Series #4 Being Active

January 12th (Wednesday) 9:30 am - 11:30 am

Instructor: Jackie Russum - Diabetes Educator & Nutritionist. Find out about the many benefits of exercise and how enjoyable movement helps lower blood sugar and blood pressure and weight. Learn about activity resources and practice movement during the training.

How Can Home Health and Hospice Help? What You Should Know!

January 14th (Friday) 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.

Financial Wellness: Paying for College

January 18th (Tuesday) 1:30 pm - 3:00 pm

Instructor: Mameet Chahal, Vice President | Senior Program Manager – Wells Fargo at Work Program. Estimate your education costs, understand the different options to pay for them, and become more financially ready for college.

Personal Emergency Preparedness

January 25th (Tuesday) 1:30 pm – 3:30 pm

Instructors: Ysela Jimenez-Patino & Elsie Kusel, Community Health Outreach Workers. The Personal Emergency Preparedness Presentation is to promote emergency preparedness planning. We will share useful steps anyone can take in order to be prepared in an emergency.

COVID-19 Resources

January 27th (Thursday) 9:30 am - 11:00 am

Instructor: Lily Chang, Social Worker with Care Partners Team– Lead Presenter. Alameda County has local resources to help you during COVID-19 pandemic. We will explore the resources to see how you can best utilize them.

Diabetes Series #4 Being Active

January 28th (Friday) 1:30 pm – 3:30 pm

Instructor: Jackie Russum - Diabetes Educator & Nutritionist. Find out about the many benefits of exercise and how enjoyable movement helps lower blood sugar and blood pressure and weight. Learn about activity resources and practice movement during the training.

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