



# 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

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## Online Class Offerings for May 2022:

- Diabetes Series #8 Reducing Risks and Learning Resources**  
May 2nd (Monday) 9:30 am - 11:30 am  
Instructor: Jackie Russum - Diabetes Educator & Nutritionist. To further reduce the risk of diabetes complications, there are preventive measures both you and your doctor need to take. For example, you may need to quit smoking and conduct daily foot exams and your doctor and dentist will order regular medical and dental labs and check-ups, including with the ophthalmologist and podiatrist.
- 4Ms What Matters-Understanding Advance Directives**  
May 6th (Friday) 9:30 am - 10:30 am  
Instructor: Sarah Hooper, Executive Director and Lecturer of Law, UCSF/UC Hastings Consortium on Law, Science & Health Policy. This class can help you think about who you would want to make health care decisions for you if you can't make them yourself. Knowing who you want to make decisions on your behalf and how you would decide might take some of the burden off family and friends.
- Do's and Don'ts of Healthy Dieting (English)**  
May 11th (Wednesday) 2:00 pm - 3:00 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner. It's easy to gain weight but harder to lose weight quickly. Healthy weight loss isn't just about dieting. Healthy weight loss means changes in your lifestyle to not just "get the weight off" but keep it off! Do's and Don'ts of Health Dieting will teach you some helpful ways to be a winner in weight loss!
- Qué Hacer y qué No Hacer Para una Dieta Saludable (Español)**  
Mayo 12 (jueves) 2:00 pm - 3:00 pm  
Instructora: Maira Mesa, Health Promotion-Care Planner. Es fácil subir de peso pero más difícil perder pesorápidamente. La pérdida de peso saludable no se trata solo de hacer dieta. Lo que se debe y lo que no se debe hacer en la dieta para la salud le enseñará algunas formas útiles de ser un ganador en la pérdida de peso.
- How Can Home Health and Hospice Help? What You Should Know!**  
May 18th (Wednesday) 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.
- 4Ms What Matters-Understanding Advance Directives**  
May 23rd (Monday) 1:30 pm - 2:30 pm  
Instructor: Sarah Hooper, Executive Director and Lecturer of Law, UCSF/UC Hastings Consortium on Law, Science & Health Policy. This class can help you think about who you would want to make health care decisions for you if you can't make them yourself. Knowing who you want to make decisions on your behalf and how you would decide might take some of the burden off family and friends.

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**Music Appreciation: Music & Memory (English)**

May 24th (Tuesday) 1:30 pm - 2:30 pm

Instructor: Maira Mesa, Health Promotion-Care Planner. The group will have an opportunity to discuss the positive impact of music on memory stimulation and recall. They will have an opportunity to share the name of a song/artist they remember listening to as a child, teen or young adult.

**Apreciación Musical: Música y Memoria (Español)**

Mayo 25 (miércoles) 1:30 pm - 2:30 pm

Instructor: Maira Mesa, Health Promotion-Care Planner. El grupo tendrá la oportunidad de discutir el impactopositivo de la música en la estimulación y el recuerdode la memoria. Tendrán la oportunidad de compartirel nombre de una canción/artista que recuerdenhaber escuchado cuando eran niños, adolescentes oadultos jóvenes.

**Coping with Stress in Covid-19**

May 26th (Thursday) 9:30 am - 11:30 am

Instructor: Vicki Williams, Senior Community Impact Director for the American Heart Association Greater San Francisco Bay Area. A key to managing stress is self-care, which includes eating a balanced diet, getting physical fitness activity and having a positive support system of friends and family. This workshop will provide tips and resources to practice self-care to prevent and lower stress that will also contribute to a healthy heart and lifestyle.

**Diabetes Series #8 Reducing Risks and Learning Resources**

May 27th (Friday) 1:30 pm - 3:30 pm

Instructor: Jackie Russum - Diabetes Educator & Nutritionist. To further reduce the risk of diabetes complications, there are preventive measures both you and your doctor need to take. For example, you may need to quit smoking and conduct daily foot exams and your doctor and dentist will order regular medical and dental labs and check-ups, including with the ophthalmologist and podiatrist

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**Contact us at (510) 577-3554 or [PAtraining@acgov.org](mailto:PAtraining@acgov.org) for any questions.**