



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 July 2022:

- 4Ms Mobility-Promoting Mobility and Preventing Falls**
July 1st (Friday) 9:30 am - 10:30 am
Instructor: G. Michael Harper, M.D. is a geriatrician, Professor of Medicine at the University of California, San Francisco and a staff physician at the San Francisco Veterans Affairs Medical Center (SFVAMC). The aim of this training is to introduce you to how to detect fall risks, incorporate fall screening, and prevent future fall risks from occurring to improve the care of older adults.
- Goals to Reach for a Healthier You (English)**
July 6th (Wednesday) 11:00 am - 12:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. You want to be healthier but you're not sure where to start. There's so much to think about! It might help to have a plan of action. Join us as we discuss setting some goals to reach a healthier you!
- Metas para Alcanzar Para una Vida Más Saludable (Español)**
Julio 7 (jueves) 11:00 am - 12:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Quiere estar más saludable pero no está seguro por dónde empezar. ¡Hay tanto en qué pensar! Podría ser útil tener un plan de acción. ¡Únase a nosotros mientras discutimos el establecimiento de algunas metas para lograr una vida más saludable!
- Basics of Estate Planning: Wills and Trusts**
July 7th (Thursday) 1:00 pm - 2:00 pm
Instructor: Daniela Lungu, Attorney. Come hear a presentation from an Estate Planning Attorney and find out what documents are included and how to use Revocable Living Trusts to avoid Estate Taxes and Probate, how to use Advance Health Care Directives and Durable Power of Attorney to avoid Conservatorships. Also learn about how to effectively protect your family and your estate and how to use trusts to keep the court out of your family.
- Chair Yoga**
July 12th (Tuesday) 11:00 am - 12:00 pm
Instructor: Regina Silbert, Retired Geriatric Social Services Professional. Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. You can do chair yoga nearly anywhere you can find a place to sit. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain.
- Financial Assistance: How to Get Help with Health Care Costs**
July 13th (Wednesday) 1:30 pm - 3:00 pm
Instructor: Jennifer Pardini, Community Education Coordinator, Legal Assistance for Seniors. This presentation reviews the Medicare program and its costs, provides an overview of Medi-Cal and the Medicare Savings Programs, discusses the Low-Income Subsidy (Extra Help) for prescription drugs & reviews eligibility, the application processes, and benefits.

(Continued on next page)

- How Can Home Health and Hospice Help? What You Should Know!**
July 19th (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.

- Practice of Gratitude: What is Gratitude? (English)**
July 20th (Wednesday) 1:00 pm - 2:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. A group activity where participants will have an opportunity to discuss what gratitude is and what it means to them.

- Práctica de la Gratitud: ¿Qué es la Gratitud? (Español)**
Julio 21 (jueves) 1:00 pm - 2:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Una actividad grupal donde los participantes tendrán la oportunidad de discutir qué es la gratitud y qué significa para ellos.

- 4Ms Mobility-Promoting Mobility and Preventing Falls**
July 25th (Monday) 1:30 pm - 2:30 pm
Instructor: G. Michael Harper, M.D. is a geriatrician, Professor of Medicine at the University of California, San Francisco and a staff physician at the San Francisco Veterans Affairs Medical Center (SFVAMC). The aim of this training is to introduce you to how to detect fall risks, incorporate fall screening, and prevent future fall risks from occurring to improve the care of older adults.

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Contact us at (510) 577-3554 or PAtraining@acgov.org for any questions.