



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 August 2022:

- Memory Loss and Medication Safety (English)**
August 3rd (Wednesday) 11:00 am - 12:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Managing medications is hard enough on its own. But for someone with memory loss it can be even more of a challenge. Join us to learn some tips on how to help someone with memory loss manage their medications.
- Tax Training: How to Fill Out Your W-4 and DE-4 Tax Forms**
August 3rd (Wednesday) 2:00 pm - 3:00 pm
Instructor: Charles Sanchez, VITA Program Coordinator. Filling out your W-4 and DE-4 tax forms can be confusing. This training will explain the purpose of the tax forms and clarify how to fill out each of the forms correctly. Please come with any related questions you might have!
- Pérdida de Memoria y Seguridad de los Medicamentos (Español)**
Agosto 4 (jueves) 11:00 am - 12:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. El manejo de medicamentos es bastante difícil, pero para alguien con pérdida de memoria puede ser un desafío aún mayor. Únase a nosotros para aprender algunos consejos sobre cómo ayudar a alguien con pérdida de memoria a administrar sus medicamentos.
- Practice of Gratitude: Meditation Techniques (English)**
August 10th (Wednesday) 2:00 pm - 3:00 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Participants will have an opportunity to learn and discuss about how they can incorporate meditation into their practice of gratitude.
- Práctica de la Gratitud: Técnicas de Meditación (Español)**
Agosto 11 (jueves) 2:00 pm - 3:00 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Los participantes tendrán la oportunidad de aprender y discutir sobre cómo pueden incorporar la mediación en su práctica de gratitud.
- Grief & Loss**
August 12th (Friday) 10:00 am - 12:00 pm
Instructor: Michele Shimamura, LMFT, CT. No matter how thoroughly one has prepared for the inevitability of death, it still can be a shock to the system when the time comes. In this webinar, Michele will discuss the complexities of grief and loss, including pre-loss grief. Participants will be provided with coping strategies to help them both before and after their loved one has passed.

(Continued on next page)

- Effective Communication to Strengthen Relationships**
August 15th (Monday) 10:00 am - 12:00 pm
Instructors: Wanda Ferguson, RN PHN MSN, Program Manager | Lily Chang, Social Worker with Care Partners Team. Good communication plays an essential role in our success in the workplace and in our personal life. Let's explore communication tips to increase our satisfaction and decrease the potential for conflict.

- How Can Home Health and Hospice Help? What You Should Know!**
August 23rd (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.

- 4M Medications-What to Know About High-Risk Medications**
August 24th (Wednesday) 9:00 am - 10:00 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 goal of this session is to develop the awareness that some medications may pose a health risk to older adults and to recognize that new symptoms could be the result of a new medication or a change in the dose of a current medication.

- 4M Medications-What to Know About High-Risk Medications**
August 26th (Friday) 2:00 pm - 3:00 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 goal of this session is to develop the awareness that some medications may pose a health risk to older adults and to recognize that new symptoms could be the result of a new medication or a change in the dose of a current medication.

- Healthy Living for Your Brain and Body (Cantonese)**
August 29th (Monday) 1:00 pm - 2:00 pm
Instructor: Ingrid Lai, Alzheimer's Association Community Educator. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

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