



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 February 2023:

- ☐ **Do's and Don'ts of Healthy Dieting (English)**
February 1st (Wednesday) 1:30 pm - 2:30 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. It's easy to gain weight but harder to lose weight quickly. Healthy weight loss isn't just about dieting. 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)**
Febrero 2 (jueves) 1:30 pm - 2:30 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Es fácil subir de peso pero más difícil perder peso rápidamente. 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.
- ☐ **Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention**
February 7th (Tuesday) 9:30 am - 11:00 am
Instructor: Jennifer Pardini, Community Education Coordinator, Legal Assistance for Seniors. Discusses common scams and forms of fraud, provides practical tips on how to recognize scams and protect yourself and provides information on referral sources such as where to report fraud and where to get help.
- ☐ **Personal Care**
February 9th (Thursday) 9:30 am - 11:00 am
Instructor: Sandra Campos, Owner CPR Without Borders. Learn techniques for providing mouth care, bathing, feeding, dressing & grooming your consumer; learn how to safely change bedding in an occupied bed; learn infection control practices and prevention techniques.
- ☐ **Care Provider Peer Support Session**
February 14th (Tuesday) 1:30 pm - 3:30 pm
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. This facilitated support session is for care providers to explore the challenges and rewards of providing personal care support for others. This session is designed to address isolation, frustration, burnout and to acknowledge and empower care providers with tools, support and tips for self-care.
- ☐ **Diabetes Education Presentation Plus Meal Prep Demo!**
February 21st (Tuesday) 9:30 am - 11:00 am
Instructors: Jackie Russum, Diabetes Educator & Brenda Lesh (Tavares), Nutritionist Assistant. Learn a simple and practical way to guide your portions and carbohydrates for better blood sugar control! Put together a healthy plate with a delicious recipe that puts this guide into action.

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☐ **Practice of Gratitude: What is Gratitude? (English)**

February 22nd (Wednesday) 1:30 pm - 2:30 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)**

Febrero 23 (jueves) 1:30 pm - 2:30 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.

☐ **Importance of Direct Support Professionals**

February 27th (Monday) 9:30 am - 11:30 am

Instructor: Alva Gardner, Founder | The 4*3 Perspective. A presentation on the importance of direct service professionals in the lives of people with disabilities, the relationship between their support and the independence they can provide and how they should be supported.

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