



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 March 2023:

- Eat Smart (English)**
March 1st (Wednesday) 1:30 pm - 2:30 pm
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Eating healthy is not as hard as you might think. With a little planning and making healthier choices, you too can eat smart. Learn some helpful tips to eating healthy and smart!
- Comer Inteligente (Español)**
Marzo 2 (jueves) 1:30 pm - 2:30 pm
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. Comer sano no es tan difícil como crees. Con un poco de planificación y tomando decisiones más saludables, usted también puede comer inteligentemente. ¡Aprenda algunos consejos útiles para comer saludable e inteligentemente!
- Navigating Medicare for LGBT Beneficiaries**
March 7th (Tuesday) 9:30 am - 10:30 am
Instructor: Jennifer Pardini, Community Education Coordinator, Legal Assistance for Seniors. Describes challenges to access and visibility in the health care system, explains the impacts on coverage since marriage laws changed in 2015, provides information about pertinent services for transgender beneficiaries, discusses other estate planning areas to consider & informs consumers on how to identify fraud and abuse and where to report it.
- How Can Home Health and Hospice Help? What You Should Know!**
March 13th (Monday) 1:30 pm - 3:30 pm
Instructor: Ellen Creighton, Patient Quality Care Coordinator & Community Resource Specialist with ACE Home Health & Hospice. The objective of this Course/Training is to empower consumers and their caregivers with accurate, up to date information on how they can self-advocate for the best care available through Home Health and Hospice (and Palliative Care). These services are Medi-Cal and Medicare paid health care benefits that can prevent ER visits, hospitalization and suffering AND...it does NOT adversely affect their IHSS services.
- Emergency Preparedness**
March 16th (Thursday) 9:00 am - 10:00 am
Instructor: Ron Halog, Emergency Preparedness Coordinator, Independent Living Resources of Solano & Contra Costa Counties. With California disasters like earthquakes and wildfires devastating lives and displacing families, effective preparedness training and prompt action can save your life and the lives of your loved ones. It is important that you know how to prepare for disasters.

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Programs for Seniors' Health, and Utility Assistance for Low-Income Families in Alameda County

March 17th (Friday) 2:00 pm - 4:00 pm

Instructors: Helen Chang, Outreach Specialist | Becky Bruno, Senior Meals Program Manager | Carrie Oldes, Meals on Wheels Program Manager | Stacey Blackard, Fall Prevention Manager. Learn how to tap into the seven programs offered by Spectrum Community Services in Alameda County: Four for seniors and three utility assistance programs for low-income families

Music Appreciation: Music & Memory (English)

March 29th (Wednesday) 1:30 pm - 2:30 pm

Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. 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)

Marzo 30 (jueves) 1:30 pm - 2:30 pm

Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. El grupo tendrá la oportunidad de discutir el impacto positivo de la música en la estimulación y el recuerdo de la memoria. Tendrán la oportunidad de compartir el nombre de una canción/artista que recuerden haber escuchado cuando eran niños, adolescentes o adultos jóvenes.

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