



# 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 November 2023:

- Señales de Alerta de que un Adulto Mayor Necesita Ayuda (Español)**  
Noviembre 2 (jueves) 1:30 pm - 2:30 pm  
Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. ¿Cómo saber cuándo un adulto mayor necesita ayuda? Conozca algunas de las señales y señales de alerta cuando un adulto mayor necesita ayuda para mantenerse saludable e independiente.
  
- Medicare and the Annual Enrollment Period (Oct. 15 – Dec. 7): Changes for 2024**  
November 7th (Tuesday) 9:30 am - 11:00 am  
Instructor: Jennifer Pardini, Community Education Coordinator | Legal Assistance for Seniors. Provides information on changes to the Medicare Prescription Drug (Part D) Plans and Medicare Advantage (Part C) Plans in the coming year; provides an overview of eligibility, costs, benefits, and changes in Medicare Parts A and B; and Explains options for supplementing Medicare and getting help with medical costs
  
- Care Provider Peer Support Session**  
November 13th (Monday) 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.
  
- Home Match Alameda County**  
November 14th (Tuesday) 10:00 am - 11:00 am  
Instructors: Rachel Matthews, Home Match Program Manager & Luke Barnesmoore, Director of Strategy, Home Match. Home Match is a free service that helps people looking to rent a room in their home or apartment to connect with community members seeking affordable housing options. Most of our home providers are low-income older adults seeking the economic benefits of increased income through rent, and the social benefits of companionship and/or task exchange to address social isolation and facilitate aging in place. We vet participants with income verification and background checks, facilitate a matching process that emphasizes social compatibility and lifestyle preferences.
  
- Red Flags That an Older Adult Needs Help**  
November 15th (Wednesday) 1:30 pm - 2:30 pm  
Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. How do you know when an older adult needs help? Learn some of the signs and red flags when an older adult needs some help to remain healthy and independent.

**(Continued on next page)**

**提前護理計劃 (Advance Care Directive - Cantonese)**

November 22nd (Wednesday) 10:00 am - 12:00 pm

Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. 理解提前計劃福利 -

在發生健康緊急情況時準備您的醫療保健願望 (Understand the benefits of Advance Care Planning in the event of a health emergency).

**Importance of Direct Support Professionals**

November 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.

**Nutrition Bingo**

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

Instructor: Maira Mesa, Health Promotion-Care Planner with Independence at Home. Learn while playing a game?! It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

**Bingo de Nutrición (Español)**

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

Instructora: Maira Mesa, Educadora de promoción de la salud con Independencia en Casa. ¿Aprender mientras juegas? Es verdad. Aprenda algunos datos interesantes sobre nutrición y cómo comer de manera más saludable mientras juega a un viejo favorito, ¡Nutrition Bingo!

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