



# 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 April 2024:

- Maintain Your Brain**  
April 2nd (Tuesday) 2:00 pm - 3:00 pm  
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. You may have heard the phrase, use it, or lose it. You use your muscles to keep your body strong. The same is also true for your brain. When you use your brain, you keep your mind sharp. At this program learn what you can do to keep your brain active and healthy.
- Navigating Medicare for LGBT Beneficiaries**  
April 3rd (Wednesday) 9:30 am - 10:30 am  
Instructor: Jennifer Pardini | 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; and informs consumers on how to identify fraud and abuse and where to report it.
- Mantenga Sano Su Cerebro (Español)**  
Abril 4 (jueves) 2:00 pm - 3:00 pm  
Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Es posible que haya escuchado la frase, úsela o la pierda. Usas tus músculos para mantener tu cuerpo fuerte. Lo mismo es cierto para tu cerebro. Cuando usas tu cerebro mantienes tu mente aguda. En este programa, aprenda lo que puede hacer para mantener su cerebro activo y saludable.
- 宜康治疗中心 Asian Network Pacific Home Care and Hospice - Cantonese**  
2024 年 4 月 10 日上午 10:00 -11:00  
Instructors: 主讲人：Ashley Yu, 病人服务协调员；Ivy Lee, 病人服务团队负责人。  
宜康成立于 1991 年，其专业团队会说多种语言，熟悉多种文化，并且持有执照，技术高超，才能超凡，包括注册护士、物理治疗师、作业治疗师，言语治疗师、医疗社工以及家居护理员，服务于阿拉米达、旧金山、圣塔克拉拉和康特拉科斯塔等多个县所有种族背景的人士。

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- Advance Care Planning in English**  
April 16th (Tuesday) 1:30 pm - 3:30 pm  
Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. Advance Care Planning involves learning about your personal values and preferences about your future health care. Come to our workshop to learn how you can document your wishes to give you and your family peace of mind.
  
- Care Provider Peer Support Session**  
April 19th (Friday) 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.
  
- Open Mic**  
April 23rd (Tuesday) 2:00 pm - 3:00 pm  
Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. Participants are encouraged to take part in this class by singing or playing an instrument, reading a favorite poem or short story, performing comedy or telling a joke - make sure to keep it PG! If you get stage fright, you're more than welcome to come and observe.

[CLICK HERE OR USE THE QR CODE BELOW TO REGISTER FOR CLASSES!](#)



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