

Public Authority Press

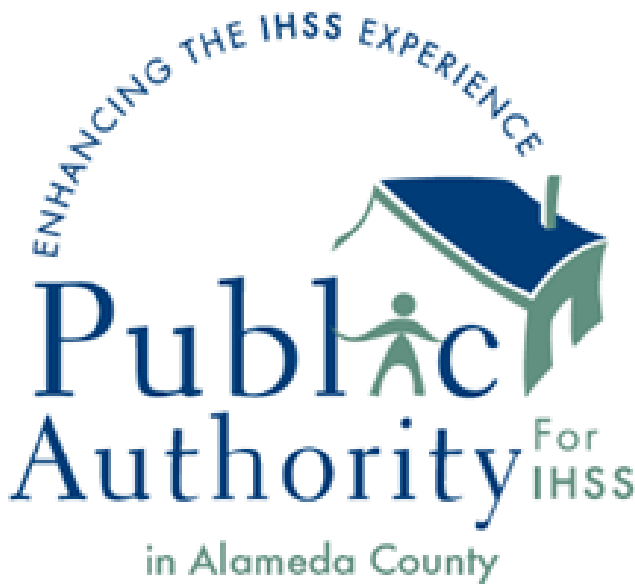
for Alameda County

Issue



Summer
2024

Advocate · Inform · Support



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About Public Authority Press

The Public Authority Press is a tri-annual newsletter for the Alameda County Public Authority. This newsletter is a community resource intended to ensure that In-Home Supportive Services Recipients and Providers are well informed of events happening in the Public Authority and In-Home Supportive Services Program throughout the year.

A Message from the Executive Director

Greetings everyone, and welcome to the latest edition of the "Public Authority Press!"

Just a few updates on what is going on in the IHSS and Public Authority world.

Governor Newsom recently signed a final budget agreement with Legislature that is balanced for the next two fiscal years and fortunately will not impact IHSS and Public Authority. The final budget agreement addresses a \$46.8 billion shortfall, including spending reductions of \$16 billion. In Governor Newsom's May Revision, he proposed major budget cuts to many programs including IHSS, specifically the elimination of the Back Up Provider System (BUPS) and termination of IHSS Recipients with undocumented immigration status, to reduce the state's budget deficit. The final budget agreement allows IHSS to continue to support and provide needed services to all eligible IHSS Recipients regardless of immigration status, and to continue to offer the BUPS to IHSS Recipients that require an IHSS Provider temporarily due to urgent circumstances.

Other exciting news to share are a few program updates that went into effect this summer, such as the annual provider paid sick leave hours increased from 24 to 40 hours for eligible IHSS Providers starting July 1st and employment and wage verification for IHSS Providers is now available in the Electronic Services Portal to allow a streamlined way to obtain employment and wage verification.

Did you know the In-Home Supportive Services (IHSS) Program in California has been around for over 50 years? 50 Years! IHSS has been leading the charge to support older adults and disabled populations with living independently and safely in their homes and avoiding out of home care. The IHSS Program continues to evolve and grow serving over 700,000 IHSS Recipients statewide. In Alameda County alone, we serve over 30,000 IHSS Recipients and continue to welcome more IHSS Recipients to the program annually. With the continuous growth of the IHSS Program, we rely on IHSS Providers to assist our IHSS Recipients with remaining safely in their homes. **We are always recruiting for IHSS Providers.** For information on how to become a Registry Provider or a Back-Up Provider, contact our Public Authority at 510-577-5694.

Lastly, as we weather through the summer months, please remember to stay hydrated and drink plenty of water, stay cool indoors or find a cooling center in your community, and stay connected with family and friends. Consider utilizing available community resources, such as [Eden I & R 211](#), [Alameda County Aging and Disability Resource \(ADRC\)](#) and our [Senior Information & Assistance](#).

Have a safe and wonderful summer and take good care!

-Nicole Hayes
Public Authority Executive Director



Health Benefits

Attention: In-Home
Supportive Services
Providers!

***Are you no longer
working for your
Recipient but still want
to continue receiving
your health benefits?***

If so, COBRA benefits may be available to you. The Public Authority's COBRA health benefits plan is administered by:

P&A Group

How Does it Work?

You will remit payment directly to P&A Group to continue administering your existing plan. You can setup your online account and payment method.

Have Questions and Want to Know More?

If you have questions, you may call 510-577-3551.

P&A Group can be contacted via phone number 1-716-852-2611 or visit the online portal at www.padmin.com

Am I Eligible for Health Benefits?

Providers who are paid 80 or more hours per month are eligible for medical, dental, and vision benefits. The plan offers all three coverages together as one package, they are not available individually. *Spouses and dependents are not eligible.*

Don't wait, enroll today! **There is up to a 90-day waiting period that begins once we have received your enrollment form.** Call our Health Benefits Department at (510) 577-3551 to request an enrollment packet.

Premiums start as low as \$20/month for the HMO Dental plan and \$45/month for the PPO Dental plan.



The Delta Dental logo, featuring a white triangle icon and the text "DELTA DENTAL" in white on a green background.

Medical Benefits

**Costs are subject to change, these are examples only*

- A personal doctor (primary care provider) office visit (\$10 co-pay), preventative care (no co-pay), X-rays and other diagnostic tests (no co-pay)
- HMO or PPO style plans, most preventative medical care and basic dental exams are free
- Vision services (including eye exams, glasses OR contact lenses)



August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	★	★	★	1 ★	2 ★	3
	5 ★	6 ★	7 ★	8	9	10
	12	13	14	15	16	17
	19	20	21	22	23	24
25	26	27	28	29	30	31

Training Schedule

August 5th

Palliative Care: It's More Than You Think

August 6th

Control Your Cholesterol

August 7th

Medical Eligibility & Home and Community Based Services

August 8th

Control Your Cholesterol (Spanish)

August 9th

Care Provider Peer Support Session

August 12th

Importance of Direct Support Professionals

August 19th

Just Drive (In-Person)

August 21

Effective Communication

August 22nd

Adult Protective Services

August 27th

Laughter Yoga

August 29th

Laughter Yoga (Spanish)



**Use the QR code
to register
for classes!**

Did You Know?

Free trainings and workshops are available to both In-Home Supportive Services Recipients and Providers on topics related to health and homecare services.

Trainings are also offered in other languages IN-PERSON and ONLINE.

Click [HERE](#) to register or call 510-577-3554.

Training Spotlight

08/05/2024: Palliative Care:

It's More Than You Think– Having a serious illness can affect your life in many ways. Join us to find out what you can do to manage the impact your illness has on your life. The Stanford Palliative Care team will share ways to live your best life using a holistic, person-centered approach. The facilitator will talk about physical symptoms as well as emotional and spiritual well-being. Offered in English.

Instructor: Dr. Grant Smith, MD,
Palliative Care Physician and Clinical Assistant Professor
of Medicine at the Stanford School of Medicine



Upcoming Trainings

09/11/2024: Cancer Care Basics - This class offers basic cancer education as well as a broad overview of the types of treatments and side effects. Caregivers are supported in understanding how life might change during treatment, and are provided with information about reputable resources for cancer information and education. This is a great opportunity to ask questions and do a little myth-busting about cancer and cancer treatment.

10/15/2024: Cancer Caregiving 101: Building Your Toolbox – “Are you caring for someone with cancer? There are many moving parts to the caregiver journey, and we'll explore ways to plan for what comes next and design your "toolbox" for the time ahead. Whether you're new to this, or are embarking on the next phase of treatment with your loved one, this space is for you.”

Instructor: Morrigan Bruce, MPA, Interim Executive Director, Cancer CAREpoint

Alameda County Public Authority Registry

Are you looking for a meaningful job?

Consider becoming a Care Provider for the In-Home Supportive Services Provider Registry. We are always recruiting!

Help older adults and persons with disabilities who receive In-Home Supportive Services by pursuing a rewarding career as an in-home Care Provider.

Registry Providers:

- Provide care to aged, blind, and disabled individuals;
- Have flexible schedules;
- May be eligible for health care benefits;
- Receive free trainings;
- Receive a pay rate of \$19.50/hr.

Submit Your Application Today!

1) Mail:

Attn: PA Registry
6955 Foothill Blvd, Ste. 300
Oakland, CA 94605
OR

2) Email: RegistryApps@acgov.org

WHAT IS THE REGISTRY?

The Public Authority Registry connects In-Home Supportive Services Recipients with eligible Providers who can provide assistance in the home. Registry Specialists can help search for Providers who can best accommodate Recipient needs.

The information that you give the Registry Specialist(s) about your needs and preferences is essential in finding the best match for you. With this information, the Registry can generate a list of Providers who fit the desired criteria.



Find out more details on the [Registry Page](#) or call the Registry worker information line at 510-577-5694.

ADVISORY COMMITTEE: ANNOUNCEMENT



We are pleased to announce that **Hannah Karpilow** has been appointed as the new Committee Chair for the Public Authority Advisory Committee and will play a pivotal role in making recommendations to enhance In-Home Supportive Services and Public Authority services.

Interview Spotlight: **Public Authority Advisory Committee** **Hannah Karpilow, Advisory Committee Chair**

How would you describe your role and strengths within the organization?

As the newly appointed Advisory Committee Chairperson, I serve on the committee as a Non-Family Member Provider. My job is to develop the Advisory Committee to its fullest potential. Along with the current members, I want to build an engaged, informed, active, and effective Committee. We need to attract new members who will build on our collective experience and skills. Having been part of the IHSS community in this county for more than four decades, I have a wealth of experience and understanding of the needs of both IHSS consumers and providers.

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What experience do you have that will be of value to the Public Authority Advisory Committee?

I've been an IHSS homecare worker since 1981, working with Cal students just a few years younger than I, and with leaders in the Independent Living Movement. I soon became an advocate myself, and in the early 90's, I was invited to serve with the Reorganization Working Group to establish the Alameda County Public Authority. Alongside legendary activists such as Hale Zukas and Sue Hodges, we crafted recommendations to the County on how to construct what was then classified as a quasi-governmental agency. It became clear to me that meeting the needs of workers was essential in meeting the needs of Recipients. The existence of the Public Authority allowed for collective bargaining, and our first Union was SEIU 616. I joined ranks with them, and have strived to bring the Independent Living perspective to them, as I have maintained a dual perspective on our shared marginalization.

How would you describe your knowledge and leadership approach?

My knowledge is learned from showing up, listening, and doing. I expect others to do the same. I prefer a horizontal leadership structure, as I believe everyone has something to offer.

What information do you want In-Home Supportive Services Recipients and Providers to know about the Public Authority and the Advisory Committee?

People should know that all meetings, including subcommittee meetings, are open to the public, and that all voices matter. Full Advisory Committee meetings are held in person at the Eastmont offices in Oakland, and on Zoom, and meet in accordance with the Brown Act. Non-members have limited time to speak and must wait until the end of the meeting.

PLEASE JOIN US

These meetings are held on the first Thursday in January, April, July, and October. Subcommittee meetings are less formal and guests will speak at the discretion of the Chair. Current active subcommittees include Recruitment/Orientation (of the Advisory Committee) and Registry. All subcommittee meetings are held virtually via Zoom. For more information or to obtain a link for a meeting, call 510-577-1889 or email ErickaFranklin.Medina@acgov.org. People are also welcome to email me with comments at homecarewiz@gmail.com. I encourage participation from all stakeholders.

What is your mission and vision for the future of the Advisory Committee?

Personally, my mission is to build the Committee to capacity with capable qualified members, all of whom are clear on the potential of the Committee and are committed to doing the work to fulfill a shared vision. By doing the lion's share of the work in subcommittees, we can use the quarterly Committee meetings to update the full membership and staff on the progress made during the quarter and to get staff reports on Public Authority activities.

How can we find more information about the Advisory Committee?

Visit the website <https://ac-pa4ihss.org/advisory-committee/> or call the Public Authority Department Secretary at 510-577-1889.

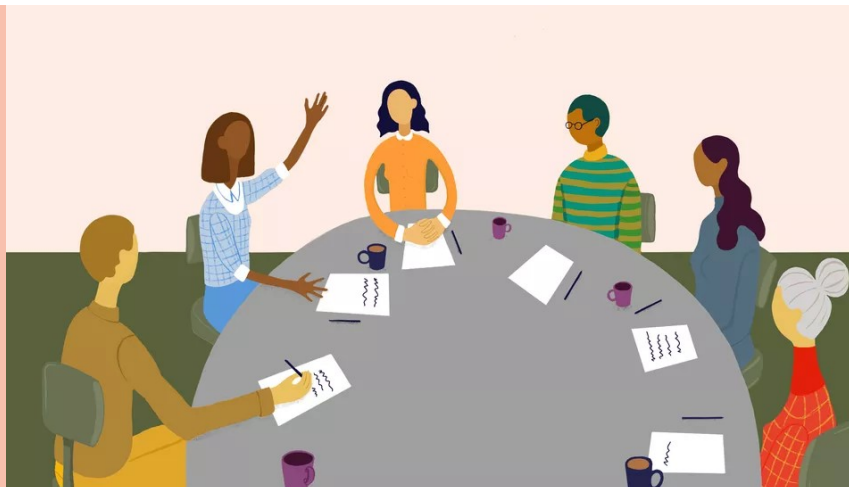
Public Authority: Advisory Committee

The Advisory Committee makes recommendations to improve In-Home Supportive Services and Public Authority services. The Advisory Committee is actively recruiting additional members.

Meetings are held quarterly at 1:30 pm on the first Thursday of the month.

If interested in becoming a member, please contact the Public Authority Department Secretary at phone number [510-577-1889](tel:510-577-1889) or check out our website for more information:

www.ac-pa4ihss.org



WAGE & EMPLOYMENT VERIFICATION: UPDATE

In-Home Supportive Services Providers now have streamlined access to wage and employment verification.

Effective June 2024, wage and employment verification will be available as an Electronic Service Portal (ESP) self-service function.

Need assistance?

- Check the Electronic Service Portal's "What's New" tab.
- [Attend an Electronic Services Portal Live Webinar](#)
- Contact the IHSS Service Desk at **(866) 376-7066**. Hours of operation are 8:00 am to 5:00 pm, Monday through Friday, excluding holidays. Note that the IHSS Service Desk must first verify the caller's identity via verification questions before they are able to provide assistance.

Reference: All County Letter No. 24-28

PROVIDER SICK LEAVE UPDATE: SENATE BILL 616

Current In-Home Supportive Services Providers will have a maximum paid sick leave of 24 hours through June 30, 2024, and then earn increased paid sick leave of 40 hours starting July 1, 2024.

In-Home Supportive Services Providers can accrue hours of paid sick leave each fiscal year, July 1, as he/she continues to work as an active Provider. Any Provider who stops employment with In-Home Supportive Services for longer than one year shall be considered inactive and would need to complete the Provider enrollment process again to earn and use paid sick leave.

**At the end of each Fiscal Year, June 30th,
any unused paid sick leave will expire.**

Have questions about Provider sick leave? Call Payroll at 510-577-1877.

REPLACEMENT WARRANTS: UPDATE

**Lost your In-Home Supportive Services Provider paycheck?
Avoid your paycheck getting lost in the mail by enrolling in
DIRECT DEPOSIT today!**

The replacement warrant (paycheck) process with the State Controller's Office is currently experiencing significant delays and is taking as long as five months.

What can I do?

- Do not contact the State Controller's Office.
- Providers should utilize DIRECT DEPOSIT or a PAY CARD. Direct deposit is mandated by the California Department of Social Services (CDSS). Click [HERE](#) for more information.
- Call IHSS Payroll at (510) 577-1877.
To speak to a live person, press "1", then "2", then "0".

In-Home Supportive Services Provider Union: SEIU 2015

seiu 2015
California's Long Term Caregivers

Member Action Center

Have a question related to
SEIU Local 2015?

Call 855-810-2015
Monday through Friday
Open 7AM to 7PM

SEIU Local 2015 is California's Long Term Care workers organization. Through the work of members, by building partnerships, innovation and education, SEIU Local 2015 long term care workers work to achieve quality jobs that deliver livable wages, retirement security, respect, and the right to a union for all.

The organization aims to ensure the accessibility of quality long term care for seniors and people with disabilities, and securing a quality life for our communities which includes access to affordable quality healthcare and housing, safe neighborhoods, educational opportunities, racial and environmental justice.



Who Are We?

Alameda County Care Partners offers free compassionate and culturally competent care to In-Home Supportive Services Care Providers and Recipients.

CARE PARTNERS TEAM CAN ASSIST YOU IN THE FOLLOWING:

1

Fall Prevention
Services and
Durable
Medical
Equipment
requests

2

Linkages to
community
resources
including
Food
Stamps

3

Starting
conversations
about your
Healthcare
Wishes

Call us at 510-577-3517
or
Care.Partners@acgov.org



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY
PUBLIC HEALTH DEPARTMENT



Spotlight: Summer Activities

Now that SUMMER is here, so has all the enjoyable summer activities! Participating in some summer fun can increase quality of life and enhance social interactions. Which activity will be your favorite?

Time to Exercise!

Increasing physical strength and balance plays a vital role in reducing the risk of falling. **Walking, tai chi, stretching, and dancing** are excellent ways to maintain overall health, contributing to a more confident and active lifestyle. Check out your local Senior Centers to explore their offerings!

Care to give **pickleball** a try? More popular than ever, free public use courts are available throughout Alameda County!



- Bingocize: Select senior public housing sites across Alameda County offer in-person exercise classes to those that live on-site, such as Bingocize classes (combines the bingo game with exercise and health education).
- Spectrum Community Services offers quarterly programs such as EnhanceFitness, Walk with Ease, and A Matter of Balance.

Gardening

Older adults at affordable senior housing sites with garden builds have increased access to fresh produce.

Best Plants for Your Summer Garden include:

- Okra, cucumbers, tomatoes, peppers, squash, greens, berries, peas, eggplant, shallots, melons

Also Try:

- Lemon verbena, cosmos, marigold



2024 FARMER'S MARKET GUIDE: ALAMEDA COUNTY

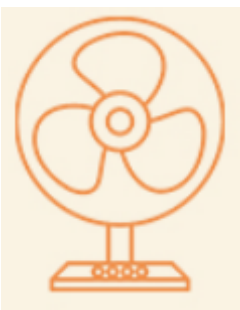
Summer is the perfect time to support local growers and sample fresh produce. Check out these nearby offerings:



- **Alameda**: Haight & Webster Streets, Tuesdays and Saturdays 9am—1pm
- **Berkeley**: Center St. & Martin Luther King Jr. Way, Saturdays 10am—3pm
- **Castro Valley**: Redwood Rd & Norbridge Ave at BART, Saturdays 9am—1pm
- **Dublin**: 4201 Central Pkway, Thursdays 1pm—8pm
- **Fremont**: Bay Street & Trimboli Way, Sundays 9am—2pm
- **Hayward**: 777 B St., City Plaza at Watkins, Saturdays 9am—1pm
- **Livermore**: 3rd St & J St., Thursdays 4pm—8pm
- **Newark**: 2086 NewPark Mall, Near SEARS, Sundays 9am—1pm
- **Oakland**: Fruitvale, 3340 E 12th ST. ,Tuesdays and Thursdays 11am—7pm
- **Pleasanton**: Main St. & West Angela St, Saturdays 9am—1pm
- **Union City**: Kaiser Union City, 3553 Whipple Rd, Wednesdays 10am-2pm
- **San Leandro**: Kaiser San Leandro, 2500 Merced St and Fairway Dr., Tuesdays 10am—2pm

BEAT THE HEAT: EXCESSIVE HEAT ADVISORIES & WARNINGS

The National Weather Service has already announced Excessive Heat Advisories and Warnings statewide. Please take extra precautions for your health and safety this summer.



- ⇒ Sign up for [AC Alert](#) to be alerted about emergencies and other important community information.
- ⇒ [Cooling centers](#) are for everyone, especially those at risk of getting a heat-related illness.
- ⇒ Click [HERE](#) for Cooling Strategies to try in your home.

LGBTQ+ Senior Resources

For In-Home Supportive Services Recipients and Providers that identify as LGBTQ, there are a number of resources and connections that can be beneficial.

Lavender Seniors of the East Bay:

Established in 1994 by a group of about 20 seniors concerned with the lack of services and protections for the “gay and grey”, the organization provides social support services that fosters a sense of belonging for all LGBTQ+ older adults. (510) 736-5428

SAGE National LGBTQ+ Elder Hotline:

(877) 360-5428 operates 24 hours a day, 7 days a week, in English, Spanish, with translation in 180 languages

SAGEConnect:

Free phone-buddy program that matches LGBTQ+ elders with volunteers for weekly phone calls.

National Resource Center on LGBTQ+ Aging:

An information powerhouse that produces publications, fact sheets, guides and assistance on nearly a thousand topics relevant to LGBTQ+ aging. This is a wonderful information and referral resource as well.

US Department of Veterans Affairs VHA LGBTQ+ Health Program:

Assures LGBTQ+ veterans receive health care that is delivered in an affirming and inclusive environment with Providers that respect their identity.

Oakland LGBTQ Community Center:

Founded in 2017, the Oakland LGBTQ Community Center is dedicated to enhancing and sustaining the well-being of LGBTQ individuals, families, and allies. Phone: 510-882-2286.

Pacific Center for Human Growth:

Founded in 1973, Pacific Center for Human Growth is the oldest LGBTQIA+ center in the Bay Area, the third oldest in the nation. It operates a sliding scale mental health clinic. Phone: 510-548-8283.

JUNE 2024: ELDER ABUSE AWARENESS MONTH

- BUILDING STRONG SUPPORT FOR ELDERS -

World Elder Abuse Awareness Day is observed every year on June 15th.

Elder Abuse Awareness Month is a time to recognize the serious crisis that continues to threaten the most vulnerable. Turning a spotlight on the tragic nature of this problem as well as the warning signs are critical steps toward prevention.

* *10% of Americans 60 or older experience abuse*

* *Only 1 in 14 cases of elder abuse are ever reported to authorities*

Adult Protective Services responds to reports of abuse.

Call now at (510) 577-3500 or online at <https://reporttoaps.org/>

UPDATE! : ADULT AND AGING SERVICES LOBBY

Important Notice:

Temporary Closure of Social Services Agency Waiting Rooms and Lobbies in
Eastmont Mall, First Floor

The Social Services Agency's Eastmont offices and lobbies on the first floor, which includes the Adult and Aging Services Department, were impacted by recent flooding in the Eastmont Mall structure. Therefore, first floor waiting rooms and lobbies will be closed until further notice.

The In-Home Supportive Services Lobby is temporarily located on the 2nd Floor. Please enter through Entrance E (facing McDonalds) and make a left.

In-Home Supportive Services Provider orientations will be offered online.

Recipients can contact a live person at 510-577-1800

Providers can contact a live person at 510-577-1877

Business hours will remain the same: 8:30am—5:00pm

ATTENTION: IN-HOME SUPPORTIVE SERVICES RECIPIENTS

It's not too late to take advantage of the Back-Up Provider Registry

- Do you have an urgent need for back-up supportive services related to personal care services that cannot be met by an existing Provider?
- Do you urgently need a Provider because you are transitioning to home-based care and have not identified Provider?

Then, you may qualify
to receive a temporary back-up Provider!

Public Authority staff can make referrals based on availability and consistent with your preferences and needs. They will work with you to establish a permanent Provider as soon as possible.

In Addition:

To incentivize your Providers, In-Home Supportive Services will pay them an *additional* two dollars per hour from the current wage rate.

Note:

The Back-Up Provider Registry is a temporary alternative for receiving services. Back-up Providers are limited to providing 80 hours of service (or 160 hours for severely impaired Recipients. Recipients will eventually need to hire a permanent Provider.

The Public Authority is ready to hear from you!

Call 510-577-1980 or e-mail RegistryApps@acgov.org.



ATTENTION IN-HOME SUPPORTIVE SERVICES RECIPIENTS & PROVIDERS :

WE WANT TO HEAR FROM YOU!

Do you have a story or message that you think will resonate with others in the In-Home Supportive Services community?

The Alameda County Public Authority wants to hear from you and share YOUR personal stories with other IHSS Recipients and Providers. Responses may be shared in future publications of the Public Authority Press. Please be thorough and thoughtful in your responses; we are looking for long-form answers.

We value your opinion and are excited to share your stories! Submit your personal stories via email to PAPress@acgov.org or by clicking [HERE](#).

*To share any
suggestions on
article topics or
ideas for future
Public Authority*

*Newsletter
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510-577-1980

IHSS Provider:

510-577-5694

Website: <https://ac-pa4ihss.org/>

IHSS Payroll:

510-577-1877

APS Hotline:

510-577-3500

Senior Info & Assistance:

510-577-3530

Find My IHSS Social Worker:

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