



# 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 October 2024:

**10 Myths About Medication**

October 1st (Tuesday) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ Home. There are many myths about medications. Paying attention to myths that are false can put you at risk for health issues. Join us to learn the TRUTH about some important myths about medication use.

**Basic Housing Rights for Seniors**

October 2nd (Wednesday) 9:30 am - 10:30 am

Instructor: Kyle Little, Housing Advocate with Legal Assistance for Seniors. Explains basic housing laws for tenants and landlords; provides an overview of the responsibilities of both landlords; and tenants and discusses common housing issues, including rent increases, evictions, and security deposits.

**10 Mitos Sobre el Medicamento (Español)**

Octubre 3 (jueves) 2:00 pm - 3:00 pm

Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. Hay muchos mitos sobre los medicamentos. Prestar atención a los mitos que son falsos puede ponerlo en riesgo de problemas de salud. Únase a nosotros para conocer la verdad sobre algunos mitos importantes sobre el uso de medicamentos.

**Financial Literacy: It's not how much money you make, it's what you keep!**

October 7th (Monday) 10:00 am - 12:00 pm

Instructors: Care Partners | Support team to IHSS Recipients and their Care Providers. This training is designed to inform, support, educate, and empower IHSS Care Providers and Recipients on free resources. Each person has different circumstances and things they can benefit from. Come join Care Partners to learn about free resources that can help you save money: safety equipment, incontinence supplies, food, utility discount and more.

**Cancer Care Toolbox**

October 15th (Tuesday) 11:00 am - 12:00 pm

Instructor: Morrigan Bruce, MPA, Interim Executive Director, Cancer CAREpoint. Are you providing support to someone in your life that has a cancer diagnosis? There can be many moving parts to the caregiver journey, and we'll explore some ways to plan for what comes next and design your "toolbox" for the weeks and months 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.

**Diabetes Education Presentation Plus Meal Prep Demo!**

October 16th (Wednesday) 10:00 am - 12:00 pm

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.

**(Continued on next page)**

**Care Provider Peer Support Session**

October 18th (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.

**Living with Dementia: Understanding Behavior as Communication**

October 21st (Monday) 10:00 am - 11:30 am

Instructors: Debbie Emerson, MS, CDP, Community Health Educator/Founding Partner & Gia Barsell, CDP, CEO/Founder. As dementia progresses, one's ability to clearly communicate needs and wishes declines, often resulting in changes in behavior and personality. In most cases, these dementia-related behaviors reflect unmet needs that the person is unable to express. In this webinar, Sage's dementia specialists will examine common dementia-related behaviors such as anger, agitation, anxiety, unfounded suspicions, repetitive actions, sundowning, and more. Strategies and suggestions will be provided that can help the care partner to better manage the challenging behaviors by anticipating needs, identifying triggers, and responding appropriately and compassionately.

**Music Appreciation: Music and Memory**

October 29th (Tuesday) 2:00 pm - 3:00 pm

Instructor: Georgina Martinez, Digital Health Promotion Representative with Independence @ 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)**

Octubre 31 (jueves) 2:00 pm - 3:00 pm

Instructora: Georgina Martinez, Representante de Promoción de la Salud Digital con Independencia en Casa. 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](mailto:PAtraining@acgov.org) for any questions.**