



# 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

[CLICK HERE TO REGISTER FOR CLASSES!](#)

### **Online Class Offerings for October 2025:**

- ☐ **Nutrition Labels, Sugar Substitutes, and Sustainable Eating**  
October 6 (Monday) 10:00am – 11:00am  
Instructor: Janelle Commins – Alameda County Public Health  
Learn how to read nutrition labels, understand the pros and cons of sugar substitutes, and build a sustainable eating plan to support long-term health.
- ☐ **Food for Thought: Changing My Diet to Manage my Condition**  
October 7 (Tuesday) 2:00pm – 3:00pm  
Instructors: Georgina Martinez, Digital Health Promotion Representative with Independence @Home  
Explore how making mindful food choices can help manage health conditions and support overall well-being.
- ☐ **Comida para Reflexionar: Cambiando Mi Dieta para Manejar mi Condición**  
9 de Octubre (Jueves) 2:00pm – 3:00pm  
Instructors: Georgina Martinez, Digital Health Promotion Representative with Independence @Home  
Explora cómo hacer elecciones alimentarias conscientes puede ayudar a manejar condiciones de salud y apoyar el bienestar general.
- ☐ **理财：护理人员的财务指南**  
October 14(Tuesday) 10:00am - 11:00am  
Instructor: Peining Chang – Alzheimer's Association  
了解阿尔茨海默病、痴呆或慢性疾病的早期财务规划的重要性，涵盖管理财务、未来护理费用和长期规划的建议。
- ☐ **Apoyando la Independencia**  
15 de Octubre (Miércoles) 10:00am – 11:00am  
Instructor: Sandra Green, Family Care Specialist, Alzheimer's Association  
Aprende cómo apoyar a las personas que viven con demencia en las actividades diarias proporcionando la asistencia adecuada, equilibrando la seguridad con la independencia y gestionando las expectativas.

(Continued on next page)

☐ **Supporting Independence**

October 16 (Thursday) 10:00am to 11:00am

**Instructor:** Vanessa Souza – Alzheimer’s Association

Learn how to support individuals living with dementia in daily activities by providing appropriate assistance, balancing safety with independence, and managing expectations.

☐ **Cancer 101**

October 21 (Tuesday) 2:00pm to 3:00pm

**Instructors:** Georgina Martinez, Digital Health Promotion Representative with Independence @Home

Join us to learn some basic cancer information that could help you to understand the disease better.

☐ **Medicare and annual Enrollment Period – Changes for 2025**

October 28 (Tuesday) 10:00am – 11:00am

**Instructor:** Semetra Oliver, Community Education Coordinator with Legal Assistance for Seniors.

Get updates on Medicare Parts A, B, C, and D, including upcoming changes, costs, benefits, and options for supplemental coverage and cost assistance.

☐ **Breaking Barriers, Building Bridges: Health, Hope for Differently Abled Elders**

October 29 (Wednesday) 1:00pm - 2:00pm

**Instructor:** Care Partners, Wanda Ferguson & Lola Allen

Learn about tools, resources, and supports to help low-income and disabled elders in Alameda County overcome barriers to care and access services with dignity and equity.

☐ **Cáncer 101**

30 de Octubre (Jueves) 2:00pm – 3:00pm

**Instructors:** Georgina Martinez, Digital Health Promotion Representative with Independence @Home

Únete a nosotros para aprender información básica sobre el cáncer que podría ayudarte a entender mejor la enfermedad.

[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.**