

# Consumer~Caregiver Connections



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Spring 2004

Sonoma County In-Home Supportive Services

## Public Authority

### Governor Proposes IHSS Reductions

by Joann Keyston, Chair IHSS Advisory Committee

The Sonoma County In-Home Supportive Services (IHSS) Advisory Committee would like to provide you with some of the details concerning Governor Schwarzenegger's **proposed IHSS budget cuts**.

One of the proposed cuts involves the elimination of the IHSS Residual Program. The Residual Program represents about 20% of the total IHSS Program and involves certain types of cases or services that do not qualify for funding participation from the federal government. Of the 3,300 IHSS consumers in Sonoma County, approximately 660 are served through the IHSS Residual Program. Elimination of the Residual Program would include:

- Services provided by the parent of a minor child;
- Services provided by the consumer's spouse;
- Consumers that only have domestic and related services and no personal care;
- Protective supervision; and
- Consumers who receive advance pay.

Another proposed cut would reduce the State's funding share of wages and benefits from \$10.10 (\$9.50 for wages and \$.60 for benefits) to \$6.75 per hour. In Sonoma County, IHSS providers are currently earning \$9.50 per hour and there are 580 providers receiving Kaiser health insurance and 600 receiving Delta dental insurance. The wage increase that has occurred for Sonoma County IHSS providers has made it much easier for IHSS consumers to recruit, hire, and retain better qualified workers.

Another budget reduction proposal would eliminate domestic and related services when they are provided by a family member who resides in

the same household. In Sonoma County, there are about 900 IHSS consumers living with a family member who receives IHSS payment for assisting with domestic and related services.

The Governor also proposes to eliminate the State's funding for both the IHSS Advisory Committee and IHSS Public Authority. Each has made significant contributions to the improvements that have occurred in the past few years.

All of these proposed cuts would have a substantial negative impact on the lives of virtually all IHSS consumers and providers in Sonoma County. The proposed cuts would be a major step backwards, undoing much of the progress that has been achieved.

The members of the IHSS Advisory Committee will be writing letters and making phone calls to the Governor's office and to the elected members in the State Senate and Assembly who represent Sonoma County. Some

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## The IHSS Advisory Committee

The IHSS Advisory Committee provides the Board of Supervisors, the Public Authority and IHSS program with advice and recommendations on issues related to in-home supportive services delivery and program administration.

Members are appointed by the Board of Supervisors. If you are interested in filling a future vacancy, applications are available through the Public Authority office.

The IHSS Advisory Committee typically **meets on the 4th Monday of each month from 1:00 - 4:00 p.m.** There is time set aside on the agenda at the beginning of each meeting for **Public Comment**. This is the time for you to speak up and lend your ideas. Meetings are held at **Adult and Aging Conference Center: 2160 Northpoint Parkway, Santa Rosa.**

### Committee Members

**Mary Bodily**  
**Stacy Daniels**  
**Paulene Goddard**  
**Diane Kaljian**  
*Ex-officio Member*  
**Joann Keyston**  
*Chair*  
**Maureen Latimer**  
**Mary Raymond**  
**M. Julia Regan**  
*Vice Chair*  
**Marie White**  
**Herb Willsmore**  
*Secretary*

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### Proposed IHSS Reductions

members of the Committee also plan to travel to Sacramento to testify before the Senate and Assembly budget committees that will be holding hearings on the proposed cuts. The Senate budget hearing is scheduled for Thursday, April 22<sup>nd</sup>. The Assembly budget hearing was not scheduled by press time. Hearing dates are subject to change. If you plan to attend, please call your local legislator's office to confirm.

The IHSS Advisory Committee urges individuals who would be affected by the proposed cuts, as well as those who know persons that would be affected, to write letters and make phone calls to the Governor and elected members of the Senate and Assembly. The names and contact numbers are listed below.

<b>Governor Schwarzenegger</b> State Capitol Sacramento, CA 95814 1-888-780-9275 toll-free (916) 445-2841	<b>Assemblywoman Patty Berg</b> P.O. Box 942849 Sacramento, CA 94249-0001 (916) 319-2001 (707) 576-2526
<b>Senator John Burton</b> State Capitol, Room 205 Sacramento, CA 95814 (916) 445-1412 (415) 479-6612	<b>Assemblyman Joe Nation</b> P.O. Box 942849 Sacramento, CA 94249-0006 (916) 319-2006 (707) 576-2631
<b>Senator Wesley Chesbro</b> State Capitol, Room 5100 Sacramento, CA 95814 (916) 445-3375 (707) 576-2771	<b>Assemblywoman Pat Wiggins</b> P.O. Box 942849 Sacramento, CA 94249-0007 (916) 319-2007 (707) 546-4500

### Resources on the Web

**California Governor**  
<http://www.governor.ca.gov>

**California State Assembly**  
<http://www.assembly.ca.gov>

**California State Senate**  
<http://www.senate.ca.gov>

**California Legislation**  
<http://www.leginfo.ca.gov>

**National Alliance for Caregiving**  
<http://www.caregiving.org>

**Safety for Elders**  
<http://www.eldersafety.org/>

**Disaster Preparedness for People with Disabilities**  
<http://www.jik.com/disaster.html>

**[www.savehomecare.org](http://www.savehomecare.org)**

## Elder, Dependent Adult, and Child Abuse Reporting

by John Chan, Registry Supervisor

As an IHSS caregiver who enters the home of an elderly person, dependent adult, or child, you are in a position to observe if abuse may be occurring in the home. You are also a mandated reporter of abuse and neglect.

### **Criminal abuse of the elderly and dependent adults includes:**

- physical or sexual mistreatment
- neglect (by self or others)
- abandonment or desertion by a caregiver or custodian/guardian
- abduction or removal of a person against his or her will
- financial abuse
- any treatment causing physical or mental pain or suffering
- enforced isolation
- psychological abuse
- unreasonable physical restraint
- prolonged deprivation of food, water, or medical treatment

### **Criminal abuse of children includes:**

- physical injury
- neglect or abandonment
- failure to provide adequate health care, food, clothing or shelter
- cruel or excessive punishment
- sexual abuse, assault and/or exploitation

You, as a mandated reporter, are legally required to report suspected abuse of an elderly person, a dependent adult, or a child. You must

make a written report to APS in regard to an elderly person or dependent adult within two business days or to CPS within 36 hours for a child.

Having been told of a situation that sounds like abuse or having become aware of something that reasonably can be the basis for suspicion of abuse are sufficient grounds for a report. You are not expected to judge whether or not the abuse occurred, nor are you required to have observed an incident of abuse.

Abuse reports are confidential. During the abuse investigation, your name will not be given to the consumer or the person suspected of the abuse. If it turns out that the investigation reveals no abuse, the law says you cannot be held liable or responsible for making the report unless it can be proved that you knowingly made a false report.

### **Report Abuse**

If the consumer is in *immediate danger*, first contact **9-1-1** and then contact:

**Adult Protective Service (APS)**  
**707-565-5940 or 1-800-667-0404**

**Child Protective Services (CPS)**  
**707-565-4304**

## **Noticias en Español**

by Olivia Sandoval

Para preguntas referentes a sus cheques o hojas de pago, el numero para llamar es al Departamento de Pago (707) 565-3172. Deje su nombre igual como esta en su hoja de pago y numero de telefono. Alguien revisara los mensajes de Lunes a Viernes y regresara su llamada.

Para otras preguntas acerca del Registro de la Autoridad Publica, llame a Olivia al (707) 565-5707. Ella trabaja de Lunes a Miercoles de 8 a.m. – 3 p.m.

Estamos en el proceso de traducir varias de las formas y aplicaciones que utiliza la Autoridad Publica al Espanol. Los mantendremos informados.

**All About Diabetes** from the American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))

Diabetes is a disease in which the body does not produce or properly use insulin.

**What Is Insulin?** Inside the pancreas, beta cells make the hormone insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy. With each meal, beta cells release insulin to help the body use or store the blood glucose it gets from food.

In people with **type 1 diabetes**, the pancreas no longer makes insulin. The beta cells have been destroyed and they need insulin shots to breakdown glucose from meals.

People with **type 2 diabetes**, make insulin, but their bodies don't respond well to it. Some people with type 2 diabetes need diabetes pills or insulin shots to help their bodies use glucose for energy. Insulin cannot be taken as a pill. Insulin must be injected into the fat under your skin for it to get into your blood. The insulin would be broken down during digestion just like the protein in food.

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Some diabetes **symptoms** include:

- \* Frequent urination
- \* Excessive thirst
- \* Extreme hunger
- \* Unusual weight loss
- \* Increased fatigue
- \* Blurry vision

People with diabetes work to keep their blood sugar as near to normal as possible. Keeping your blood sugar in your target range can help prevent or delay the start of diabetes complications such as nerve, eye, kidney, and blood vessel damage.

Make it a priority to take good care of your body. To delay or prevent complications of diabetes later in life, take time now for eye care, foot care and skin care, as well as your heart health and oral health.

**Heart Disease and Stroke** Diabetes also increases the risk for heart attack, stroke, and complications related to poor circulation.

**Skin Care** As many as one-third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives.

**Foot Care** Foot problems most often happen when there is nerve damage in the feet or when blood flow is poor.

**Eye Care** People with diabetes do have a higher risk of blindness than people without diabetes.

**Oral Health & Hygiene** If you have diabetes, you are at a higher risk for gum disease and other mouth-related problems.

**Smoking** Kicking the smoking habit is hard, but worth the work. Tobacco has many bad health effects, particularly for people with diabetes.

**Alcohol** Alcohol is everywhere: social gatherings, cookouts, sporting events, and parties. If you have diabetes, "just say no" to alcoholic beverages.

**Stress** Stress results when something causes your body to behave as if it were under attack. Sources of stress can be physical or they can be mental.

**Tex-Mex Corn Soup**

*Try this one; taste testers loved it and it is very quick and easy to prepare.*

- 1 tablespoon margarine
- 1/2 cup chopped onion
- 1 cup chopped sweet red pepper
- 1 teaspoon red pepper flakes
- 4 cups chicken broth
- 1 17-ounce can creamed corn, include liquid
- 1 16-ounce can whole kernel corn, with liquid
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground white pepper

**The Art of  
Cooking for the  
Diabetic**  
by  
Mary Abbott Hess

Melt margarine in a large saucepan; saute onion and sweet pepper with red pepper flakes until tender, stirring occasionally, about 2 minutes. Stir in chicken broth and both cans of corn. Continue cooking until the soup is very hot. Add salt and pepper and serve immediately.

**Nutritive values per serving**

8 servings (yield 8 cups) 1 serving = 1 cup

CHO (g)	PRO (g)	FAT (g)	CAL -	Fiber (g)	Sodium (mg)	Chol (mg)
31	6	8	205	3.1	928	14

Food Exchanges per serving: 2 Starch plus 1 fat

Low sodium diets: Omit salt and substitute unsalted broth and canned vegetables.

## Tax Counseling for the Elderly (TCE) from the IRS & AARP websites

The Internal Revenue Service’s Tax Counseling for the Elderly (TCE) Program offers **FREE tax help** to individuals who are **age 60 or older**. The IRS contracts with AARP.

AARP Tax-Aide sites are located in places convenient for taxpayers to get to, such as senior centers, libraries and malls. Tax Aides can also visit taxpayers in their homes, if taxpayers are physically unable to visit a site. The program is available from **February 1- April 15** each year.

### Locations, Days and Times for Assistance with your Taxes

Finley Community Center	2060 W. College Ave.	Santa Rosa	Tuesday	9 AM – 3 PM
Santa Rosa Sr. Center	704 Bennett Valley Rd	Santa Rosa	Mon & Wed	8:30 – 3:30 PM
IRS Santa Rosa	777 Sonoma Ave #112	Santa Rosa	Mon – Fri	10 AM – 2 PM
Bank of America	2420 Sonoma Ave	Santa Rosa	Tuesday	9 AM – 2 PM
Veterans Memorial Bldg	282 High Street	Sebastopol	Thursday	9 AM – 2 PM
Rohnert Park Sr. Center	6800 Hunter Drive	Rohnert Park	Friday	9 AM – 3 PM
Rincon Valley Library	6959 Montecito Blvd.	Santa Rosa	Monday	2 PM – 7 PM
Windsor Sr. Center	9231 Foxwood Drive	Windsor	Thursday	9 AM – 1PM
Petaluma Park Sr. Center	211 Novak Drive	Petaluma	Monday	9 AM – 12:30 PM
Jack Cavanaugh Sr. Center	426 8th Street	Petaluma	Tuesday	9 AM – 12:30 PM
Healdsburg Sr. Center	133 Matheson St.	Healdsburg	Wednesday	9 AM - 1PM
Russian River Sr. Center	15010 Armstrong Woods Rd	Guerneville	Tuesday	9:30 AM - 2 PM
Vintage House Sr. Center	264 1st Street E	Sonoma	Mon & Wed	9 AM - 12 PM

## IHSS Payroll Information

**Please be aware that Payroll is processing hundreds of time sheets the first three days after the pay period ends**

(1st, 2nd, 3rd and 16, 17, 18th of the month).

**Response to your calls may be delayed during payroll processing days.**

### Tenths Chart

6 minutes = .1
12 minutes = .2
18 minutes = .3
24 minutes = .4
30 minutes = .5
36 minutes = .6
42 minutes = .7
48 minutes = .8
54 minutes = .9
60 minutes = 1.0

### Turn in Time Sheets on Time

- ◆ Paulin Building at lobby or drop box
- ◆ Northpoint drop box
- ◆ U.S. Mail
- ◆ Time sheets must reach the payroll office in the **Paulin Building by the 15th** in order to be **on time for benefits**.

### Payroll Phone Numbers

- (707) 565-5900 Ask for payroll**
- (707) 545-3172 Español**
- (707) 565-3190 Report work injury**
- (707) 565-2896 Employment verification**

### Timesheets - Helpful Hints

- ◆ Fill out your timesheet and sign it with a pen. Pencil is not allowed.
- ◆ Check for errors. Do not fix mistakes with correction fluid. Write in the correct information and ask the consumer to initial the correction.
- ◆ Make sure you and the consumer sign and date the timesheet.
- ◆ You can leave the total blank if you want Payroll to write in the total for you.

### **Important Reminder**

If you are a Registry caregiver, **call both the IHSS Payroll Unit and the IHSS Public Authority with changes** of name, address and/or telephone number.

## Health and Dental Benefits Information

Benefits Department

Recent changes for providers who are currently receiving health and/or dental benefits:

- Effective **February 1, 2004**, the **Kaiser plan** changed as follows:

<u>Benefit Description</u>	<u>New Co-pay</u>
Office Visit	\$15
Prescriptions (generic)	\$10
Prescriptions (brand name)	\$20

- Effective **March 1, 2004**, the **provider share** of the monthly premium are: Delta Dental \$6 and Kaiser Health & Vision \$14.

**There are no health and dental benefits while on the waitlist.** Below are alternative sources for health and dental care in Sonoma County.

- **Human Services** offers *no-cost* Medi-Cal for those who qualify and *low-cost* insurance through Community Medical Service Plan (CMSP). For more information, call Human Services (707) 565-5200.
- **Healthy Families** is available to the children of qualifying adult(s) who do not qualify for Medi-Cal. For information call: Healthy Families: 1-888-747-1222.
- **Reduced Cost for Hearing Tests & Aids:**
  - Millennium Hearing Center 542-1154
  - Santa Rosa Head and Neck 523-3024
  - Natural Ear 523-3830
- **Reduced Costs for Dental services:**
  - **HIICAP** – 1-800-333-4114 (for seniors)
  - **Santa Rosa Junior College** has a dental hygiene program. For details call 522-2844
  - **St. Joseph Dental Clinic:** 547-2221
- **The Redwood Community Health Coalition** is a consortium of health care centers dedicated to affordable health services. If you have questions about services, call 542-7242.
- **Prescriptions:** 1-800-Advance (800-238-2623)

### KEEP ELIGIBLE FOR BENEFITS

- **MEET MINIMUM WORK REQUIREMENT**  
65 hours per month for two consecutive months
- **TIMESHEETS DUE** by 15th of each month for the prior month's hours

#### Important Numbers

<b>(707) 565-5703</b>	IHSS PA Benefits & Enrollments
<b>(888) 838-5370</b>	Employees'/Employers' Dental & Medical Trust
<b>(800) 585-4250</b>	SEIU, Local 250, Oakland
<b>(707) 526-4825</b>	SEIU, Local 250, Santa Rosa
<b>(707) 565-5900</b>	IHSS Payroll

### Redwood Community Health Coalition

## Health Care, Wellness Check-up, Immunizations

Cloverdale	894-4229	Copper Towers Family Medical Center
Healdsburg	433-5494	Alliance Medical Center
Guerneville	869-2849	Russian River Health Center
Occidental	874-2444	Occidental Area Health Center
Rohnert Park	(800) 967-7526	Planned Parenthood Golden Gate
Sonoma	939-6070	Sonoma Valley Community Health Center
Petaluma	763-7005	Petaluma Health Center ~ Centro de Salud de Petaluma

#### Santa Rosa

578-1700	Common Woman's Health Project	<u>St. Joseph Health Foundation</u>
544-4056	Sonoma County Indian Health Project	546-5899
578-2005	SCPEO Southwest Children's Health Center	547-2221
565-4820	Sonoma County Public Health Clinics	528-5770
547-2222	Southwest Community Health Center	524-2477
544-7526	Women's Health Program/Family Planning	546-3199
576-4100	Sutter Family Practice Center	Medical Access Programs
537-1171	Women's Health Specialists	Dental Clinic
		Elsie Allen Health Center
		Mobile Health Clinic
		House Calls Program



## Caregiver Training Opportunities



### CALL 565-5700 to Register for Classes & Video/Discussion

The IHSS Public Authority provides training opportunities to IHSS caregivers and consumers.

**Monthly classes** are held at the Adult and Aging Services Conference Center (2160 Northpoint Parkway). There is generally a \$10 incentive given to IHSS caregivers who complete each class. Continuing Education Credits (CEU's) are available for most classes. Classes are usually held from 1:00 p.m. to 4:00 p.m. on the last Friday of the month.

#### Friday, April 30th 1:00 - 4:00

**Healthy Aging** (3 CEUs) will be presented by Marcia Rogers, R.N. of the American Red Cross.

#### Series of 3 workshops on End-of-Life issues

Designed for caregivers caring for someone who is dealing with end of life issues. You may take individual workshops, although we encourage you to attend all three workshops. Presented by Susan Keller of the End of Life Care Alliance of Sonoma County. Note: CEUs are not available for this class. **Register early as space is extremely limited.**

#### Friday, May 14 1:00 - 4:00

Workshop #1: Wellness through Life's End

#### Friday, May 21 1:00 - 4:00

Workshop #2: Dying at Home - Guidelines and Resources

#### Friday, May 28 1:00 - 4:00

Workshop #3: Life Review, Grief & Loss, Ritual & Ceremony

#### Cardio Pulmonary Resuscitation (CPR)

Presented by Sharon McComb

Two 3.5 hour classes. Students will receive a two-year certificate in lieu of the usual cash incentive. Note: CEUs are not available for this class.

**Register early as space is limited.**

#### Friday, June 25 9:00 - 12:30

#### Friday, June 25 1:00 - 4:30

**Monthly videos** are usually shown on the last Thursday of the month from 1:30 to 2:30 p.m. and are followed by a group discussion at the Public Authority office: 2280 Northpoint Parkway.

#### Thursday, April 29th 1:30 - 2:30

Double Feature:

The Living Body, The Aging Process  
The Sixth Sense

#### Thursday, May 27th 1:30 - 2:30

Double Feature:

Grief, Loss and Older Adults  
Caring for the Caregiver

#### Thursday, June 24th 1:30 - 2:30

Coming Home: Basic Information for the Home Caregiver

### The American Red Cross Offers Classes

for RN's LVN's, CNA's and EMT's

**Fee:** \$35.00 per class

**Time:** 6:00 -10:00 p.m.

**CEUs:** 4 units per class

**Location:** 5297 Aero Drive, Santa Rosa

**Dates for the following classes have not yet been determined. To register or for more information, call 707-577-7600**

- April:** Parkinson's and Alzheimer's Disease
- May:** Nutrition and Elimination
- June:** Healthy Aging

## Mark your calendar

April	May	June
04 Daylight Savings Begins	10 IHSS Executive Committee Meeting	14 IHSS Executive Committee Meeting
12 IHSS Executive Committee Meeting	14 End of Life Class 1	<b>15 State Budget Deadline</b>
<b>22 California Senate holds hearings on the IHSS budget</b>	20 Senior Art Show & Reception at the Veterans Memorial Building	28 Advisory Committee Meeting
26 Advisory Committee Meeting	21 End of Life Class 2	24 Video & Discussion
29 Video & Discussion	24 Advisory Committee Meeting	25 Cardio Pulmonary Resuscitation (CPR) Training Classes
30 Training Class	27 Video & Discussion	
	28 End of Life Class 3	
	31 Memorial Day Office Closed	

## Resources

### IHSS Public Authority & Registry

(707) 565-5700  
(707) 565-5720 (fax)

### IHSS Program, Social Workers, &

#### Payroll

(707) 565-5900  
(800) 938-9501

### IHSS Advisory Committee

(707) 565-5700

### Benefits Enrollment & Eligibility

(707) 565-5703

### Español

(707) 565-5707

### Urgent Substitute Provider Program

#### (USPP)

(707) 565-5719  
(800) 601-4222

Visit our Web Site:  
[www.sonomacounty-ihsspa.org](http://www.sonomacounty-ihsspa.org)

Fax: 707-565-5720

Phone: 707-565-5700

Santa Rosa, CA 95402-1949

P. O. Box 1949

2280 Northpoint Parkway

**Public Authority**

In-Home Supportive Services  
Sonoma County



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STANDARD U.S.  
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PERMIT NO. 64