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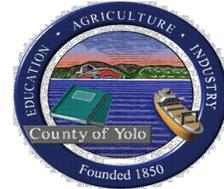
Paula Gonzalez
Registry Specialist
Home Care NOW
Coordinator

Evan Wyatt
Secretary
Benefits Coordinator

The Consumer & Provider Connection

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A Yolo County Call to Action by Supervisor Jim Provenza

Dear Friends,

There is a crisis for the most vulnerable elderly in Yolo County. Between budget and program cuts and the wave of baby boomers on the horizon Yolo County will be challenged in unprecedented ways and needs to better prepare to provide a safe and supportive environment for our aging citizens.

Family, community leaders and public and private organizations are doing their best to support family, friends and neighbors: it is time to take a comprehensive look at what programs and services remain and develop an action plan for what is needed. The Commission on Aging and Adult Services and the IHSS Advisory Committee are inviting community agencies and interested citizens to participate in a community summit to look at gaps in services, build collaborations, develop advocacy points and begin the process of designing an action plan for Yolo County.

As chair of the Yolo County Commission on Aging and Adult Services I am committed to assuring that the services and safety net in Yolo County survive these challenging times

Jim Provenza,
Supervisor District 4



Building a Safer Community for At-Risk Seniors: A Yolo County Crisis to Action Summit will be held on Friday, June 18, 2010, from 11 am – 4:30 pm at the Davis Oddfellows Hall, 415 2nd Street, Davis

Looking Back and Thinking Ahead

*Submitted by Frances Gracechild,
Newly elected Yolo IHSS Advisory
Committee Chairperson*

The proposed California State Budget for Fiscal Year 2011-2012 is an ominous threat to the IHSS Program Public Authority Model. As of the May Revision of the Budget for California (May 2010) the administration is proposing devastating funding cuts and a legislative threat to end the requirement of the state to fund the operations of an IHSS Advisory Committee. Keeping our IHSS consumers aware of these threats and assisting them to make public their opinions regarding the efficacy of the program is a primary part of my role as Chair of the IHSS Advisory Committee.

The Public Authority model for delivering IHSS Program services in the local counties was legislatively established by Assembly Bill: 1682 in 1999. The structure for governance was a hybrid of necessity. In order to win IHSS program improvements and livable wages for home care providers the advocates from the Disability Rights community and Labor advocates needed to create an employer of record for IHSS providers for the purpose of collective bargaining. Disability advocates required four very specific guarantees to protect and implement the principle of Consumer Control:



- 1) Consumers retain the right to hire and fire their IHSS worker.
- 2) Consumers verify IHSS hours worked by co-signing timesheets.
- 3) Consumers train their workers on-the-job to meet their unique homecare needs. Public authorities also provide training for workers and consumers
- 4) Consumers must comprise the majority of IHSS Advisory Committee members or Governing Board members in the Public Authority model.

I will be following in Nancy's wheelchair tracks as we continue our collective efforts to preserve these principles for the Public Authority model. Our committee will continue to fortify our members with timely and accurate information on all issues related to the IHSS program. We will discuss, strategize and look for consensus as we compile our opinions and recommendations for the Yolo County Board of Supervisors (BOS). Jim Provenza, Supervisor from District 4, serves as liaison to the Advisory Committee and continues to be very supportive of "our" issues. In addition we will seek statewide information and support from our beloved Mariko Yamada, state Assembly Member

(continued on pg. 6)

Thanks, Nancy

Nancy Seyden – a woman of many “firsts”



Nancy Seyden, M.S.

There are certain people you just never want to follow in a public forum...one example being... Nancy Seyden, our out going IHSS Advisory Committee Chair. Nancy was our founding Chairperson for the Yolo County IHSS Advisory Committee in 2001. During her leadership years she has been an advocate extraordinaire for the principle of consumer control. Nancy blazed the trail for people with disabilities as a student 40 years ago at the University of California at Davis. She has been in the forefront of the independent living movement in California and has been one of the principle organizers of Capitol Action Days protesting budget cuts to services year after year.

For those who wish to read an excellent white paper on “Why Consumer Direction Matters in IHSS” I refer you to the paper as presented at the 7th Annual California IHSS Advisory Committee Conference (2010) which was sponsored by CICA (California IHSS Consumer Alliance). The paper was originally conceived by Nancy Seyden and Bob Roberts, former director of the Marin County Independent Living Center. The final paper was prepared by Heidi Cartan. Other heavy weight contributors included Donna Calame, Janet Heinritz-Canterbury, Janie Whiteford, and our very own Fran Smith. A copy of the white paper is available by contacting staff at the Yolo Public Authority (Phone: 530-661-2676). You can also visit the CICA website at www.cicaihss.org.

In 2008 Nancy retired from her employment at UC Davis to pursue her personal interests in gardening and bird watching. Now that she is “retiring” as the chair of the IHSS Advisory Committee, she says she will continue to advocate for the right of consumers to have a voice in policy decisions about the design and management of services that affect them.

Frances Gracechild and Fran Smith

Yolo County In Home Supportive Services (IHSS) Advisory Committee

Established in 2001 by the Yolo County Board of Supervisors in accordance with state law, the IHSS Advisory Committee serves as a forum for the consumers, IHSS providers and other interested parties to voice their concerns about programs and services for seniors and persons with disabilities. Advisory committee members, comprised of IHSS recipients, independent providers and advocates for people with disabilities and seniors, discuss issues and make recommendations to the Board of Supervisors, the Governing Board and the Public Authority. The committee meets on the first Wednesday of the month from 1:30 to 3:30 at the Department of Employment and Social Service office at 25 North Cottonwood, Woodland. All meetings are open to the public.

There is currently a vacancy on the Advisory Committee for a recipient of IHSS and for an IHSS provider. If you are receiving or providing IHSS services and are interested in volunteering to serve on the committee, please contact the Public Authority office at 530-661-2676.

BUILDING A SAFE COMMUNITY FOR AT-RISK SENIORS

Friday, June 18, 2020 11:00am – 4:30 pm
Davis Oddfellows Hall
415 Second Street, Davis

An urgent meeting of community leaders from all sectors of Yolo County is set for June 18th to address the developing crisis in services for at-risk seniors. This Community Action event has 3 purposes:

1. To identify the impact of proposed major service and budget reductions on this highly vulnerable population;
2. To identify gaps and prioritize service areas to inform policy makers and the community; and
3. To begin to develop a community action plan to mobilize resources, both public and private, for at-risk senior citizens and their families and caregivers in Yolo County.

Community leaders, board members, agency service providers and citizens from every segment of Yolo County concerned with the quality of life for at risk seniors are invited to attend. Public and non-profit service providers, senior centers, government agencies, representatives of the faith community, service clubs, business organizations, residential homes, both nursing and assisted living, university faculty, providers of care in the community, consumers and the health care community are all encouraged to participate.

This is a countywide emergency. With the increased number of seniors, the upward and almost prohibitive cost of transitional, assisted living and nursing home care and the substantial reduction in mental and other health care, food and transportation support, families in Yolo County are increasingly unable to provide appropriate care and support.

Seniors living independently are at great risk of moving prematurely to costly institutionalized care. The expense to the Yolo County community both in dollars and in quality of life is potentially enormous.

In order to better address the current crisis and create a plan for the future this one day meeting is co-sponsored by the In-Home Supportive Services Advisory Committee and the Yolo County Commission on Aging. Supervisor Jim Provenza invites you come to this event, which is open to the public, to contribute your ideas and hear what others are thinking.

Please respond to his invitation by calling his office at 530-666-8235. You may also e-mail his assistant, Sandra Rodriguez, at Sandra.rodriguez@yolocounty.org.

*By Sheila Allen, consultant
Yolo County Commission on Aging
and Adult Services*

HAVE YOU COMPLETED THE NEW PROVIDER ENROLLMENT REQUIREMENTS?

In 2009 the State added new enrollment requirements for all IHSS providers. The deadline for beginning or completing these new requirements is fast approaching! If you are an existing provider (someone who has been providing IHSS care on or before 10/31/2010) who has not completed the new enrollment process, please contact the IHSS office immediately at (530) 661-2955. Failure to meet the new enrollment requirements will result in your termination and you will not be able to be paid until you complete the enrollment process.

Kim Britt, IHSS Sr. Analyst



Home Care NOW

*"I'm very happy you have this program.
I really needed the help."*

*"The provider was very professional. There was
no confusion, no problem. He was very thorough.
I was very appreciative of how quickly you were
able to get a provider to me."*

These are just two of the positive comments received by **Paula Gonzalez**, the *Home Care NOW* Coordinator, from IHSS consumers who called for a back up provider when their regular provider was unable to come to work. There are currently fourteen *Home Care NOW* providers who are willing to respond to calls from all parts of Yolo County. They have a minimum of two years experience as an IHSS provider, have First Aid and CPR certificates, have completed a background check and passed a TB test. If you are unexpectedly without your regular provider, just call your Adult Service Worker at (530) 661-2955 between the hours of 7:00 a.m. and 5 p.m. Your worker will verify that you receive IHSS services and forward your request to **Paula Gonzales**, the *Home Care Now* Coordinator. She will explain the program to you and search for someone to assist you for one or two days until your regular provider returns or you are able to hire a replacement.

REMINDER FOR REGISTRY PROVIDERS

Registry Specialists need to know your availability to work, any changes in your work preferences and your current address and contact numbers. Please remember to call the Registry every two months to update your information. Call us at (530) 661-2676.



15 WAYS TO KEEP COOL IN THE HEAT

Keeping cool when temperatures reach record highs is not just about comfort. Dangerously high temperatures can result in heat-related illnesses. Here a few tips, some old, some new, for keeping cool.

1. Wear loose fitting clothes, preferably light colored cotton.
2. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
3. Keep the air flowing with fans.
4. Fill empty soft drink bottles with water and freeze them. Then place them in a large bowl in front of the fan. The fan will blow the cool air on you.
5. Close the blinds during the day to block the sun. Or cover the windows with pieces of cardboard if you don't have blinds.
6. Don't use the stove or oven to eat – eat out, eat cold food, or use a microwave.
7. Slice a thin piece of cold cucumber and place it in the middle of your forehead.
8. Try storing lotions in the refrigerator to use on hot, overtired feet.
9. Take frequent cool baths or showers.
10. Drink plenty of water along with sports drinks.
11. Avoid caffeine and alcohol as they promote dehydration.
12. Stock your freezer with flavored ice treats. Freeze a bag of chopped fruit such as watermelon, pineapple or grapes. Cooling down can be tasty.
13. Use a hint of mint to cool your skin with peppermint lotion but avoid your face and eyes. Shower with peppermint soap, use a minty foot soak.
14. Soak a t-shirt in cool, not cold, water, wring it out and put it on and sit in a lawn chair in front of a fan.
15. When all else fails, go to a shopping center, public library, movie theater or other public place with air conditioning.

From the Internet site, Keeping Cool in the Heat.

Yolo County IHSS Providers

...are eligible for **Medical/Vision and Dental Insurance** after they have worked, and been paid, for a minimum of 80 hours a month for three consecutive months. The Public Authority scans the state payroll records each month to identify providers who reach the eligibility criteria and their names are placed on a newly eligible list.

Enrollment forms for Western Health Advantage Medical and Principal Dental plans are sent to the providers on the newly eligible list within 3 weeks.

Yolo County capped the number of providers who may receive benefits at 190. Currently all spaces are full, however, eligible providers who wish to receive benefits must complete and return the form(s) so their name will be placed on the waiting lists.

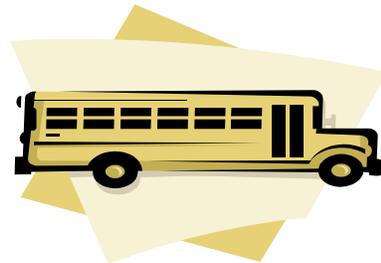
Providers in the plan lose their coverage when they stop working, move away or are paid less than 80 hours for two consecutive months. As places in the plans open, providers on the waiting list are enrolled in the order in which their enrollment form was received.

Evan Wyatt, Benefits Coordinator, will answer questions about eligibility and the waiting lists. 530-661-2676 or toll free @1-800-630-5224.

New Senior Transportation Voucher Program

Starting July 1, 2010, Yolo Adult Day Health Center (YADHC) will be implementing a new program that will provide bus tickets to eligible seniors. Funded by Area 4 Agency on Aging (A4AA), it is designed to encourage independent community mobility for disabled seniors who need transportation assistance but may find the cost prohibitive.

The transportation program will provide disabled seniors with actual para-transit tickets. The tickets may be used for medical appointments, shopping or a variety of other purposes. They can be redeemed within cities or be used between cities (including Sacramento for YOLOBUS Special). To be eligible, a person must be at least 60 years of age and be certified by a healthcare professional as needing door-to-door assistance. The program will begin July 1, 2010. For more information contact Dawn Myers Purkey at 530-666-8828.



EDITORIAL CONTINUED...

. We are blessed to have spent many years advising Mariko as she served on the Yolo BOS. Mariko's in depth understanding of senior and disability issues makes her an important asset in developing public policy for the IHSS program at the state level.

As your new IHSS AC Chair I pledge to work in collaborative cooperation with all IHSS stakeholders as we move through the next treacherous months of hammering out a budget to fully fund the IHSS program. Most importantly I will be working very closely with Fran Smith to chair Advisory Committee meetings. If there is anything I can do to make your participation in our meetings more accessible and/or productive please do not hesitate to contact me.

Sincerely for a Quality IHSS Program,
Frances Gracechild (916) 446-3074

YOLO COUNTY IHSS PUBLIC AUTHORITY 2010 TRAINING SCHEDULE

The IHSS Public Authority offers free education/training classes to all IHSS homecare providers. These classes are provided to increase knowledge, professional growth and the quality of care provided to IHSS consumers. Providers will receive a telephone call prior to each class with details about the time and place for each session and how to register. The first 30 providers who register will receive a confirmation letter. All others will be placed on a waiting list.

Month	Activity	Location
July 20th and 22nd	Back Care / Transferring	West Sacramento & Woodland
August 14th	Adult CPR/First Aid *Spanish speaking only*	Woodland
September 14th and 16th	Low-Impact Exercise	West Sacramento & Woodland
October 16th	Adult CPR/First Aid	Woodland
November 18th and 16th	Preventing the Holiday Blues	West Sacramento & Woodland
December	No Classes in December	Enjoy the Holidays!

CAREGIVER SUPPORT GROUP

A group to support, encourage, and inform family caregivers of loved ones with memory loss meets the second Tuesday of every month from 6:30 to 8:00 p.m. at the Yolo Adult Day Health Center, 20 No. Cottonwood St., Woodland. The group is open to any family member or friend. There is no fee and reservations are not required. Call 530-666-8828 for further information



WOMEN SPOUSES SUPPORT GROUP

This group is to support, encourage and empower women who are caring for their spouses to take care of themselves, also. The group meets on the second Saturday of each month from 10:30 – 12:30. The location alternates between Woodland and Davis. The schedule from now to the end of the year is as follows:

Atria Covell Gardens, 1111 Alvarado Ave, Davis: July 10, Sept. 11, and Nov. 13.

Palm Gardens, 240 Palm Ave. Woodland June 12, Aug. 14, Oct 9, and Dec. 11.

Call 530-666-8828 for further information.

IMPORTANT PHONE NUMBERS FOR SENIORS

Information & Assistance (Located inside the three largest area Senior Centers)	Davis (530) 757-5696 West Sacramento (916) 373-5819 Woodland (530) 661-5890	Call for FREE information and referrals about ALL social, health & community services.
Adult Protective Services (APS)	(888) 675-1115	Call APS to report cases of elder abuse or suspected elder abuse.
Caregiver Support Program	(530) 666-8828	Call for information about services for family caregivers.
Elderly Nutrition Program	(530) 662-7085	Call for information about senior lunch sites and home delivered meals.
Health Insurance Counseling & Advocacy (HICAAP)	(530) 661-5890	Call for answers to questions about Medicare, prescription drugs or other insurance issues.
Resources for Independent Living (RIL)	(916) 446-3074	Call for assistance with housing, transit, IHSS, etc.
Senior Legal Hotline	(800) 222-1758	Call for information about legal assistance and legal representation for those who qualify.
Yolo County Elder Adult Program	(530) 757-5534	Call for support with social or emotional problems that make life difficult.

Yolo County IHSS Advisory Committee
25 N. Cottonwood St.
Woodland, CA 95695