

Caregiver Quarterly

A publication of Caregiver Services,
a program of the Area 1 Agency on Aging

Summer 2006
Volume 3 Issue 3

Caregiver Services

maintains a registry, matching trained and pre-screened caregivers with potential employers, including In-Home Supportive Services clients. Information and support are available for family and professional caregivers.



How to reach us:

Caregiver Services

(707) 443-4363

Toll Free:

877-977-1604

FAX: (707) 443-8946

caregiver@a1aa.org

Willow Creek:

(530) 629-1139

FAX: (530) 629-1148



Caregiver Services
is located at
808 E Street in Eureka.

(Mail Address:
3300 Glenwood Street
Eureka CA 95501)

A Fortuna Caregiver Training!

The next **In-Home Care Provider Training** is in Fortuna. The free classes will be on Monday and Wednesday evenings, from 6 to 9 pm, beginning June 5th and continuing through July 12th. No class will be held on Monday, July 3rd, for the Independence Day holiday.

***This will be our only training in the Fortuna area this year.
Don't miss it!***

If you want to list with Caregiver Services' free registry for job referrals, completing this course is your first step. The registry lists trained and pre-screened caregivers available for In-Home Supportive Services assignments and private job referrals.

Pre-registration for this course is required. Call Laura at (707) 443-4363 or toll free: (877) 977-1604.

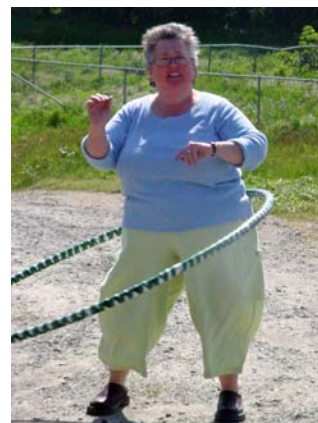
Thank You—Margot, Irma and Elaine!

By Laura Patterson

Never under estimate the importance of training, and more training. Caregivers who complete our 33-hour In-Home Care Provider Training are so much better prepared to handle problems that might arise with people in their care. To make our trainings successful, we definitely need to have good instructors. With that in mind, we wish to thank each of our current Caregiver Trainers: Margot Julian, Elaine Crandall and Irma Silva work as a team to insure that our caregiver trainings are fun as well as informative.

We would like to shine this Summer Issue's spotlight on Elaine Crandall, seen here practicing her hula hoop skills. Elaine is a source of inspiration and is very dedicated to improving the quality of in-home care here in Humboldt County. She always goes above and beyond the call of duty when needed.

She has worked as a Licensed Vocational Nurse at Eureka Adult Day Health Care for 20 years. She says that the older she gets the less stressed she is about being a



(Continued on page 2)

Registry Caregivers - Do You Have Your PINK Call-In Card?

By Laura Patterson

If you are a caregiver listed on our free registry, our **PINK** laminated card is your **passport to job referrals!** By using the telephone number on the front of the card to keep us updated, you can:

Caregiver Services Program

To Remain ACTIVE on the Registry YOU MUST CALL the 1st week of EVERY MONTH to update your schedule, contact information, availability and preferences.

- Continue to be referred to new clients.
- Keep us up to date when your schedule changes.
- Let us know if you move or change your phone number.
- Tell us when your schedule is full so your phone will stop ringing.

When should you use the **PINK** card?

- When you need new clients.
- When you have enough clients.
- When your preferences change.
- **But especially the first week of every month!**

What happens if you don't use the **PINK** card?

- You will *not* receive any phone calls from clients looking to hire you.
- You will *not* be removed from the registry.
- We *will* change your status to "Active but schedule is full."

What should you say when using the **PINK** card?

Fill in the blanks:

- Hi, my name is _____
- My phone number is _____
- I have these hours available: _____
- I want to do personal care for men, or women, or both
- I am willing to do: Housekeeping, shopping, transportation, heavy cleaning
- I am willing to accept: IHSS clients, and/or private hire referrals that pay \$_____ an hour.

If you are a Registry Caregiver and you do not have the **PINK** card yet, or if you lost yours, call Laura at (707) 443-4363 to find out how to get one!

Thank You ... (Continued from page 1)

caregiver. Cutting her hours back to part-time helps, too.

Elaine was born and raised in Humboldt County and graduated from Arcata High. When she is not working with seniors and caregivers, she enjoys spending time with her partner George, agate hunting in a secret location and sewing. Her latest project has been a Peace quilt. She is a self proclaimed "Peace-Loving Hippie" and still drives her '69 Volkswagen Karmann Ghia.

Elaine says her favorite part of being a trainer for Caregiver Services is knowing that she is helping people gain skills and seeing the positive effects these caregivers have for her clients at Adult Day Health Care.

Laura Patterson is a Resource Specialist for Caregiver Services.

Firewood for Seniors—Mark Your Calendar Now!

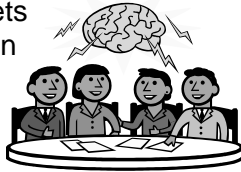
Goodness knows, firewood is probably not high on our list of needs when the summer sun is shining in June and July. Yet, keep in mind that August is the month for Humboldt County seniors who will need winter fuel to call to put their name on the list for free firewood. Call the Humboldt Senior Resource Center at (707) 443-9747 and ask for the Activities Department for more information.

California Caregiver is a free bi-monthly e-newsletter especially for caregiving families and friends. Practical advice, resources, tips and news for people caring for loved ones with Alzheimer's disease, stroke, Parkinson's, ALS and other health conditions are included. Especially for California residents, this electronic newsletter is a publication of the statewide Caregiver Resource Centers, a program of the California Department of Mental Health. Subscribe online by visiting: www.californiacrc.org/californiacrc/jsp/newsletter

IHSS Advisory Board Needs Members!

The IHSS Advisory Board meets every month to provide input on In-Home Supportive Services policy and program

development. If you are either a recipient of in-home care services or a caregiver, you are invited to apply to serve on the Board. There are currently two openings.



If you are interested in serving on the Board, please contact Kathy Polifroni, Executive Director of the IHSS Public Authority, at (707) 476-2156. You may also attend a Board meeting to find out more about it. The meetings are held on the 4th Monday of each month at 2 pm in the Professional Building at 507 F Street in Eureka. Meetings are open to the public.

Here's A Way To Say "Thank You" to Your Caregiver

Just what is it that makes your caregiver special? Does she clean up around your house and fix your lunch with a smile? Does he carefully give you your medications at the right time every day? Are you able to arrive on time for your doctor appointment without fail? Does she take the time to shop for the groceries you need but can't get out anymore to buy?

Have you ever wanted to shout from the rooftops just how much you value the care you receive from your caregiver? Here is a way for you to do something very close to that.

The IHSS Advisory Board is offering IHSS recipients and private-pay recipients a chance to publicly thank their caregiver for the independence they provide. The thank-yous will be a part of a full-page ad in several Humboldt County newspapers on July 4th. Last names are not required, for privacy.

If you would like to participate, contact Cindy Calderon at Tri-County Independent Living, (707) 445-8404, or email her at Cynthia@tilinet.org



Join in the California Energy Pledge!

By Julie Sessa

- Use energy efficient appliances and fixtures, like a programmable thermostat and compact fluorescent light bulbs.
- Conserve energy by turning off lights when not in use, wash clothes and dishes at off-peak times, and install a low flow shower head in your bathroom.
- Respond to *Flex Your Power NOW!* alerts when utility companies request voluntary energy conservation when electricity supplies are tight.

The average household could cut a third — or even half — of its current energy bill by switching to energy-efficient appliances, equipment and lighting which use less energy than standard products. For example: an energy-efficient compact fluorescent lamp uses at least 66% less energy than standard incandescent bulbs for the same lighting level! This can save you over \$35 a year in utility costs.

Not to be taken lightly are televisions, computers, office equipment and other small electronics and appliances — these add up to nearly one-third of a home's electricity use. Many of these items continue to use energy even when you have turned them off. This energy use has been dubbed "standby" power, and the cost to run these items can add up. Each year, Americans spend roughly \$1 billion to \$2 billion in energy costs on standby power alone.

And while windows, doors, walls, attics and ducts do not use electricity, they can contribute a lot to heating and cooling costs if they are not properly caulked, sealed and insulated.

The Area 1 Agency on Aging invites you to learn more about *Flexing Your Power*. The campaign is funded by ratepayers and administered by California investor-owned utilities under the auspices of the California Public Utilities Commission. Information about energy conservation will be available at Farmer's Markets, senior centers and other locations in Humboldt County this summer. For more information, go to www.fypower.org or contact Julie at (707) 442-3763, ext 208.

Julie Sessa is Special Projects Coordinator for Area 1 Agency on Aging's Information Services.

Caregiver Quarterly is published every three months by Caregiver Services, a program of the Area 1 Agency on Aging. We welcome your comments. Please send letters and change of address notices to *Caregiver Services*, Area 1 Agency on Aging, 3300 Glenwood Street, Eureka CA 95501. You can also e-mail us at: caregiver@a1aa.org

Calendar of Coming Events

Caregiver Trainings: In-Home Care Provider Training, June 5 through July 12th, in Fortuna, Monday and Wednesday evenings, 6 to 9 pm. See article on page 1.

Independent Living Skills Workshops, presented by Tri-County Independent Living, 955 Myrtle Avenue, Eureka, are free and open to all people with disabilities:

- ***Managing Anger & Dealing With Conflict***, Wednesday, June 21st, 1 pm to 3 pm. Call 445-8404 for more information.

Tri-County Independent Living is also presenting an ***“ADA Is Good Business” Workshop Series***, with two workshops:

- ***Employment & the Americans with Disabilities Act***, Wednesday, June 14th; registration deadline June 9th.
- ***Public Access***, Wednesday, August 9th, registration deadline August 4th.

\$75 per person for each workshop. Limited seats available, advance registration required. Call 445-8404 or email [**Kevin@tilinet.org**](mailto:Kevin@tilinet.org)



Caregiver Celebrations & Resource Fairs

In May, the Area 1 Agency on Aging collaborated with the In-Home Supportive Services Advisory Board and IHSS Public Authority to present two Caregiver Celebration and Resource Fairs—one in Willow Creek and one in Garberville.

Thank you to everyone who helped organize these two events. Thank you, IHSS Advisory Board and IHSS Public Authority, for making this possible.

Thank you, caregivers!