

**A  
publication  
of Stanislaus  
County**

**Link2Care Public Authority**

**IHSS**

**SUMMER  
2018**

Here is a guideline for when to throw out food. Remember, when in doubt, **THROW IT OUT!**

Milk: 5-7 days after the sell-by date

Hard cheese: 3-4 weeks once opened (it's OK to cut off mold on hard cheeses)

Soft cheese: 1 week (discard if mold develops)

Eggs: 3-5 weeks if purchased before date on the carton

Luncheon/Deli

Meats: 7 days in original package, 3-5 days if opened

Hot Dogs: 7 days after sell-by date

Raw Fish: 1-2 days

Raw Poultry: 1-2 days (1 day if cut in pieces)

Raw Beef or Pork: 3-5 days (if ground or chopped, use within 2 days)

Leftovers should be discarded within 3-4 days.

## **Compassion for our loved ones.**

When we feel strong and well, it is easy to forget about our own frailties and also the misfortunes, troubles, and sicknesses of others. We are only as strong as is our compassion for those who are weak. For in strength must come the power of understanding and the wisdom to act with gentleness and kind concern for those who are not able to help themselves. It is in the ability to empathize that we show true insight and in the ability to aid that we show our real gifts. These are the real hallmarks of true compassion and strength.

-Family Friend Poems



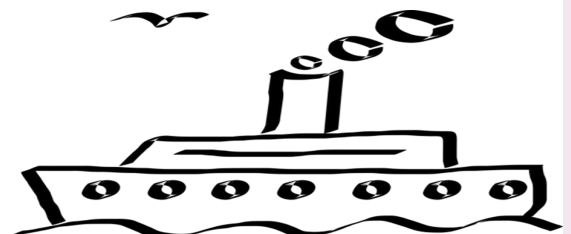
IHSSAC



**“Crusin and Stylin”**  
**By Marie Cochran**  
**- IHSS Advisory Committee member**

My recent cruise found me involved in a fashion show with 12 other participants.

As the last one and number “13” show time came with music, red carpet and quite a crowd. The models were elegant in their outfits. Each participant made a trip down the runway, my turn “Number 13” came, dressed in a fancy black shirt and multicolored jacket. I decided to liven things up a bit. So I put one toe out on the red carpet followed by the other toe folded my arms on my chest, dropped my chin and took off down the red carpet. Midway down the runway I took both sides of the flared skirt, lifted it a little and did quite a little twist, then shook my booty. As I left the runway there was no shortage of laughing, whistling, foot stomping with applause for more.



## **IHSS Intake Team: Your 1st step to services check:**

If you have a friend or family member interested in applying for IHSS, here are some things to keep in mind:

IHSS is a Medical linked program, so eligibility requirements are very similar. If you were denied for Medical, you may be denied for IHSS. There are income and asset limits although certain property is exempt, such as your residence.

The IHSS program was created for individuals who are “at risk of placement” and “unable to remain safely in their own homes without help”. Meeting the income and asset requirements are only one qualification for the program. If you do not have a medical or safety need, you may not be eligible.

IHSS Intake Social Workers cannot tell you how many hours you will receive, or even if you are medically eligible for the program. They can refer you for an assessment, where a Social Worker will determine hours and eligibility based on your need.

When calling, be sure to have the Social Security number of the person needing care. Generally you never want to give a SSN over the phone, but keep in mind you are contacting IHSS; this is not a situation where a stranger is calling and asking for personal information.

### **Random Knowledge:**

1. Goldfish bowls are really bad places to keep goldfish.
2. For an aspirin to save your life during a heart attack, you need to chew it.
3. Antibiotics don't work on viruses.
4. The "Freedom of Speech" provision in the First Amendment protects you from punishment from the government, not from the consequences of your speech.
5. Frankenstein is the name of the doctor, NOT the monster.

6. Your blood isn't blue inside your body.
7. Should've is a contraction for "should have," and not "should of."
8. Daddy longlegs spiders aren't really the most venomous spiders in the world.
9. If you plug in ear buds into your laptop's microphone jack, they'll function as microphones.
10. Stroke symptoms are different for men and women.
11. Most cars have an arrow on the fuel gauge that tells you what side of the car the gas tank is on.
12. Feeding bread to ducks is dangerous.

# Phone numbers to know



## IHSS Intake:

**558-2637**

Do you know someone who needs IHSS or would you like to sign up for the program? Call this number to apply for benefits. Be sure to have the applicants social security number handy, since applications are taken over the phone.

## Link2Care

**Public Authority:**

**558-1650**

Provider call our office if you are looking to work for more recipients.

Recipients call if you need a list of providers.



# Questions/Answers

Here are some common issues:

## Provider Issues:

- I don't have timecards..... SSA
- My check is late.....Payroll
- I need a new recipient..... Link2Care
- I was injured while working for IHSS..... SSA
- I have a friend who needs IHSS..... IHSS Intake
- My paycheck is wrong, or I don't understand my deductions.....Payroll or SSA
- I need a hire packet.....SSA
- Violations .....SSA

## Recipient Issues:

- I hired someone new and need the paperwork.....SSA
- I am going to the hospital.....SW
- I need more IHSS authorized hours.....SW
- I have questions about my Share of Cost.....SW
- I was just released from the hospital.....SW
- I need a new provider..... Link2Care
- I have a friend who needs IHSS..... IHSS Intake



# Understanding your payroll check:

We frequently get questions from providers asking what all the deductions are on their payroll checks and what they are for. Here is a quick overview of the most common deductions:

FICA*:	Social Security deduction, taken out automatically according to the gross
MED:	Medicare deduction, taken out automatically according to the gross
SDI:	State Disability, taken out automatically according to the gross
FIT:	Federal Income Tax, deducted from the gross according to the deductions you have declared on your W-4
SIT:	State Income Tax, deducted from the gross according to the deductions you have declared on your W-4
Dues:	Union dues for United Domestic Workers, deducted on a sliding scale depending on the number of IHSS hours worked
Health Ins:	Medical insurance, deducted ONLY if you are enrolled in the health insurance plan

\*Note: FICA is not withheld or paid on wages earned by a recipient's parent, spouse, or child under the age of 21.

## **IHSS Payroll & General Information:**

**558-2637**

This number is answered from 8:00am to 5:00pm Monday through Friday. They can help you identify your social worker and answer general questions regarding IHSS. Or transfer you to your social services assistant (SSA) who helps with questions about paychecks, violation issues and timecards.

## Partner in care:

### Information from the other community agencies

**HICAP:** The Health Care Insurance Counseling and Advocacy provides counseling to Medicare beneficiaries of all ages. Counseling may be by phone, office appointment, via home visits for home bound clients. They also offer community education presentations to organizations interested in health insurance issues affecting seniors and the disabled.

Phone: 209-558-4540

Fax: 209-558-8104

Address: 3500 Coffee Rd Suite 19 Modesto, CA 95355

Office Hours: Monday-Friday 8 - 4:30

**MSSP:** Multipurpose Senior Services Program. The goal is to help the recipient remain at home safely and independently. By providing comprehensive case management services for low-income, frail seniors with the goal of preventing unnecessary institutionalization. They are an additional service to support you to remain at home. They do not replace any services you are currently receiving. This program is meant to supplement the services you already have in place. There is no charge for MSSP services. The funding comes through State and Federal sources.

Phone: 209-558-2346

Address: 3500 Coffee Rd. Suite 19 Modesto, CA 95355

**MOVE:** has expanded offering a list of specialized programs becoming a vital part of the transportation services available in the Stanislaus region.

Office: 209-522-2300

Address: 3500 Coffee Road, Suite 19 Modesto, CA 95355

**Partner in care continued:**

**Veterans Services Office:** If you are a veteran, Widow of a Veteran, child of deceased, totally disabled veteran, or parent of a deceased veteran VSO can assist you. They provide advocacy to the veterans in our community regarding entitlement rights to federal, state and local benefit programs. Services free of charge.

Please call to schedule an appointment.

Phone: 209-558-7980

Fax: 209-558-8646

Address: 3500 Coffee Rd. Suite 19 Modesto, CA 95355

[www.veteranservices.info](http://www.veteranservices.info)

**Healthy Aging Association:**

They offer in helping older Americans live longer, healthier, more independent lives by promoting increased physical activity, sound health, and nutrition.

Phone: 209-525-4670

Address: 3500 Coffee Rd. Suite 19 Modesto, CA 95355

[Healthy.aging2000@gmail.com](mailto:Healthy.aging2000@gmail.com)

[www.HealthyAgingAssociation.org](http://www.HealthyAgingAssociation.org)

**Area Agencies on Aging (AAA):**

The California Department of Aging contracts with and provides leadership and direction to Area Agencies on Aging (AAA) that coordinate a wide array of services to seniors and adults with disabilities at the community level and serve as the focal point for local aging concerns.

Office: 209-558-7380

Address: 3500 Coffee Rd #19, Modesto, CA 95357

Mon-Fri. 8am-4:30pm Walk-ins: 9am-3:30p

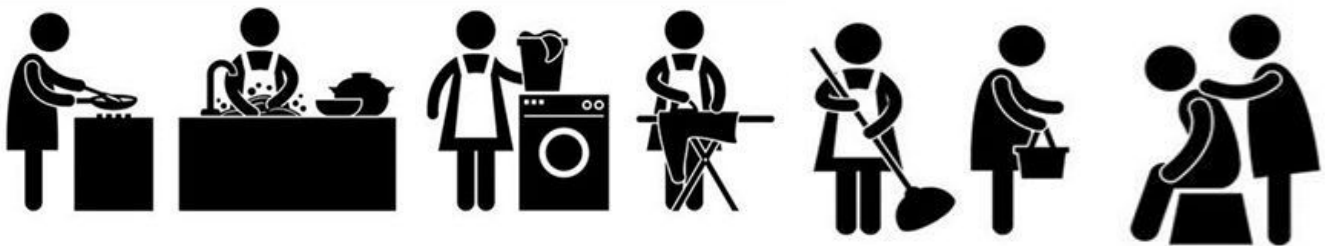
## Registry Caregivers: Link2Care-Public Authority of Stanislaus

If you are interested in working for the registry, you can call the office . We are currently accepting applications. Link2Care offers orientation classes for anyone wishing to work for additional recipients on the IHSS program.

209-558-1650  
[www.stanlink2care.org](http://www.stanlink2care.org)

### You must have:

- Valid government issued drivers license and a social security number.
- Vehicle- access to working and insured.
- Must speak, read, and write English fluently.
- Must be willing to care for male and female and complete all aspects of care (i.e. bowel and bladder, bathing, dressing, meal prep).
- Must choose 1 outlying area to provide services besides preference area. Either Newman, Patterson, Oakdale, Empire or Waterford.
- Must work Holidays and weekends.
- Must be able to lift/transfer a person from one side to another, in and out of bed, and in and out of chairs, sofas, etc.



## Local Events

- Every Thursday — 9a.m.— 1:30p.m. Dance or just enjoy the wonderful sounds of local bands. Come and meet new people and have fun while dancing. Lunch for \$5.00 that includes sandwich and chips. Stanislaus Veterans Center 3500 Coffee Rd. Suite 18 Modesto CA.
- 4th Friday of the month — 5:p.m. - 8p.m. Get authentic carnival treats at the veterans event center. Held at the Veterans banquet hall. 209-343-6292 Stanislaus Veterans Center 3500 Coffee Rd. Suite 18 Modesto CA.

## Pesto Chicken Pasta

### INGREDIENTS LIST FOR THE PESTO CHICKEN CAPRESE PASTA

2 boneless skinless chicken breasts  
 2 tablespoons olive oil  
 1/4 cup basil pesto  
 Kosher salt and black pepper, to taste  
 3 cloves garlic, minced  
 Crushed red pepper flakes  
 3 tomatoes, diced  
 1 pound cooked pasta + 2 cups reserved pasta water  
 Chopped fresh basil, for topping  
 Grated parmesan, for topping

### DIRECTIONS

1. Coat chicken breasts with basil pesto and kosher salt and pepper, to taste. Heat a large skillet on medium heat, add 2 tablespoons olive oil and grill chicken until fully cooked, about 5-10 minutes depending on thickness. Slice and set aside.
2. To the same skillet add minced garlic, a tablespoon pesto (optional) and crushed pepper flakes. Simmer just for a few minutes just to combine flavors. Moisten with reserved pasta water and add Parmesan. When cheese is melted, add in the cooked pasta and toss well. You can

also drizzle on a bit of olive oil or add more pesto if you want.

3. Add in sliced chicken with diced tomatoes and allow to reheat for a couple of minutes. Top with fresh basil, grated parmesan, black pepper and a drizzle of olive oil if desired.



# Self-care check list for families

<p><i>emotional</i></p> <ul style="list-style-type: none"> <li>___ watch a good movie</li> <li>___ write each other positive notes</li> <li>___ verbalize and talk about feelings</li> <li>___ draw self portraits</li> <li>___ Say "I love you"</li> <li>___ spend time writing</li> <li>___ have a sing-a-long</li> <li>___ tell jokes</li> <li>___ try a new craft</li> </ul>	<p><i>physical</i></p> <ul style="list-style-type: none"> <li>___ dance party</li> <li>___ go for a walk</li> <li>___ family bike ride</li> <li>___ take a hike</li> <li>___ play kickball</li> <li>___ tag</li> <li>___ roller skating</li> <li>___ go to the pool</li> <li>___ jumprope</li> <li>___ kids yoga</li> <li>___ wii fit games</li> </ul>	<p><i>spiritual</i></p> <ul style="list-style-type: none"> <li>___ a gratitude list</li> <li>___ go outside</li> <li>___ talk about forgiveness</li> <li>___ write thank you's</li> <li>___ volunteer</li> <li>___ spend time outside or with nature</li> <li>___ practice positive self-talk</li> <li>___ plant a tree</li> </ul>
<p><i>mental</i></p> <ul style="list-style-type: none"> <li>___ read together</li> <li>___ draw or write stories</li> <li>___ kids meditation</li> <li>___ find shapes in clouds</li> <li>___ practice belly breaths</li> <li>___ go on a walk to find new things</li> <li>___ make vision boards</li> <li>___ try Headspace for kids</li> <li>___ create mandalas</li> <li>___ make mindfulness jars</li> <li>___ play mind strength games like memory</li> </ul>	<p><i>practical</i></p> <ul style="list-style-type: none"> <li>___ clean up</li> <li>___ declutter old toys</li> <li>___ assign chores</li> <li>___ make a grocery list together</li> <li>___ learn about money</li> <li>___ make a weekly budget check-in</li> <li>___ make a weekly cleaning check-in</li> <li>___ homework/study</li> <li>___ have a morning &amp; night routine</li> </ul>	<p><i>social</i></p> <ul style="list-style-type: none"> <li>___ play in the park</li> <li>___ call or visit relatives</li> <li>___ have family dinner</li> <li>___ play boardgames</li> <li>___ host a sleepover</li> <li>___ invite friends over</li> <li>___ plan a bbq</li> <li>___ join a team</li> <li>___ do a neighborhood food drive</li> <li>___ have talks about friendship and how to be a friend.</li> </ul>

# IHSS Staff





