

SUMMER 2025

IN-HOME SUPPORTIVE SERVICES ADVISORY COMMITTEE NEWSLETTER

INFORMATION

How to apply for IHSS

In person: 3525 Coffee Rd
Modesto, CA 95355

By Phone #: 209-558-2637
Option 1

How to Become an IHSS Care Provider

If you already have a client, call us
at (209) 558-2637, Option 1 or visit
our office at 3500 Coffee Road,
Ste. 19, Modesto, CA 95355.

If you would like to join the IHSS
Provider Registry, call (209) 558-
1650, or visit our office at 3500
Coffee Road, Ste. 19, Modesto, CA
95355

Who are IHSS and Public Authority?

The IHSS program provides in-home care to older adults and persons with disabilities so they can live safely in their own home. IHSS is an alternative to out-of-home care such as skilled nursing facilities and board & care facilities.

Link2Care, the Public Authority (PA) of Stanislaus County, provides support to IHSS by matching individuals in need of care with a care provider. The PA also maintains a Registry of IHSS providers and refers providers to IHSS recipients in need; conducts provider training classes; and processes new provider paperwork.

IN-HOME SUPPORTIVE SERVICES ADVISORY COMMITTEE

As the In-Home Supportive Services Advisory Committee (IHSSAC), our mission is to implement the goals and objectives of the IHSS program by:

- Advising the Board of Supervisors, Community Services Agency, and the Public Authority on issues concerning the In-Home Supportive Services (IHSS) Program;
- Advocating and providing recommendations regarding IHSS;
- Offering options and choices for IHSS recipients and providers; and
- Enriching and supporting the IHSS program.

HOT TOPICS

HOW MUCH WATER SHOULD SENIORS DRINK DAILY?

Seniors should aim for eight glasses of water per day, but this number should be adjusted for individual needs and activity levels. Here are some tips to stay hydrated:

- Carry a reusable water bottle and refill it throughout the day
- Choose water over sugary drinks like soda or juice
 - Include water-rich fruits and vegetables in your meals
- Talk to your doctor about your individual hydration needs, especially if you have health conditions

Information provided by: ComForCare

STOP THE SCAMS

Protect yourself from becoming a victim.

- Don't send money
 - Don't let anyone pressure you.
 - Don't give out personal information.
- When in doubt, check it out.

For Legal Assistance Call
Senior Advocacy Network
209-577-3814

COOLING CENTERS

Need a place to cool off on a warm day? Cooling Centers are available throughout the County. Visit oes.stancounty.gov or stanemergency.com for locations and hours of operation.

Modesto Airport Lobby

617 Airport Way, Modesto
Monday-Friday 8 a.m. - 5 p.m.

Ceres Community Center

2701 4th St
Monday-Friday 9 a.m. - 7 p.m.
Saturday 8:30 a.m. - 5 p.m.

RECIPE CORNER

CINNAMON SUPPER CAKE

¾ CUP SUGAR * ¼ TEASPOON SALT

¼ CUP SHORTENING * 1 TEASPOON SOFTENED BUTTER 1 EGG (UNBEATEN)

3 TABLESPOONS POWDERED SUGAR

1 TEASPOON VANILLA * ½ CUP MILK

1 TEASPOON CINNAMON * 1 CUP SIFTED FLOUR * 1 ½ TEASPOONS BAKING POWDER

Instructions: Gradually add the sugar to the shortening and stir until you get a creamy, fluffy mixture. Add the egg and beat well. Then, add the vanilla and milk. In a separate bowl, sift the flour, baking powder, and salt. Combine the dry ingredients with the wet ingredients and stir until smooth. Bake in a greased 9-inch (23 cm) round pan. Bake at 375°F (190°C) for 10-25 minutes until golden brown. Remove from the oven and brush with butter. Glaze: Sprinkle with powdered sugar and cinnamon and serve warm.