

THE ADVISOR

A joint publication of the IHSS Advisory Committee and the OC IHSS Public Authority



Orange County IHSS Public Authority

MISSION: Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

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Is Your Food Safe?

by Donald Bondi

Escherichia coli is a bacterium that is naturally found in the intestines of healthy humans and animals, but E. coli 0145:H7 is a mutant strain that can cause severe illness and death in humans.

E. coli is now mentioned in the news on a daily basis and it is mostly associated with fresh produce. In September 2006, there was a recall on bagged spinach due to an E. coli outbreak that caused 199 illnesses and three deaths. How does E. coli get into bagged fresh spinach? The answer is cross-contamination. The bacteria from the cattle can get into the produce from a contaminated water supply or fertilizer.

What is a consumer to do? Dietary guidelines recommend adding more fruits and vegetables to our diet. To prevent contamination, cook raw vegetables thoroughly because bacteria is destroyed in the cooking process. Also, wash the outside of all fruits and vegetables, especially cantaloupe. Melons grow on the ground and can become contaminated with E. coli so it is important to scrub the outside of melons before cutting them open.

What should you do in your kitchen?

1. Keep cold foods in the refrigerator set at 40 degrees or less and keep a thermometer in your refrigerator.
2. Wash your hands, knives and cutting surfaces after you handle raw meat, poultry or fish.
3. Always keep raw foods away from cooked foods.

4. Cook your food to the recommended temperature to destroy any bacteria that may be present in the food and check the temperature with a thermometer.

(Source: The Irvine Newsletter in part and www.medlineplusmedicalencyclopedia.com)

Dehydration

by Donald Bondi

Dehydration is not just a summer problem, it is a year round problem. In the summer seniors tend to drink more because it is hot, but in the winter when it is cold seniors do not have the same reminders and drink less. Seniors are particularly susceptible and some signs of dehydration are feeling thirsty, dry mouth, dry skin, red scratchy eyes, weakness and confusion. When it is cold give the seniors fluid they like, such as hot tea, hot chocolate or juices to keep them hydrated. Offer something to drink, not only at meals, but also several times during the day. Remember keeping hydrated helps with digestion, bowels, reduces urinary tract infections, and a tip for the ladies - hydrated skin shows fewer wrinkles.

Caregivers, don't forget about yourselves. You are working hard and losing water too, so make sure you keep hydrated.

(Source: www.medlineplusmedicalencyclopedia.com)

**OC IHSS Provider
Recognition Luncheon**
by Shirley Adams

On November 7, 2006, the OC IHSS Public Authority hosted the Second Annual OC IHSS Providers Recognition Luncheon. The event was held at the Office on Aging and approximately 80 guests attended.

During the award presentation Ingrid Harita, OC Director of Social Services Agency, presented a Proclamation signed by Board of Supervisor Bill Campbell making November 12-18, 2006 In-Home Supportive Services Provider Recognition Week. Chief Deputy Director Alisa Drakodaidis also spoke about the value of the IHSS system and her appreciation for the Providers. Certificates were given out to nominated Providers and out of 63 nominees, four were selected as "Outstanding IHSS Providers of 2006" based on a point system that rated their characteristics as a Provider and how their Consumers answered the questions "What makes this Provider outstanding" and "How has this Provider improved your quality of life?" The "Outstanding IHSS Providers of 2006" were Joann Tshudy, Donald McAdams, Yvonne Johnson, and Victoria Chavez. They received framed certificates and gift cards donated by OC IHSS Public Authority staff.

Special recognition was also given to family IHSS Providers. Family IHSS Providers who attended the event were Bettye Jones, Mary Roberson and Vuong Thi Pham. I was one of the judges and read great letters of recommendations from Consumers, IHSS Social Workers and family members. The event ended on a fun note with raffle drawings also donated by OC IHSS Public Authority staff.

There are few occasions for Providers to gather and it was a fun meeting great people who do wonderful work in our county. Bob Miller, Executive Director of the OC IHSS Public Authority, and his staff organized the luncheon and deserve "special kudos" for their work.



Outstanding IHSS Providers of 2006 from left to right: Joann Tshudy, Donald McAdams and Yvonne Johnson. Not pictured is Victoria Chavez.

**Earthquake -Will my
Provider be there?**
by Donald Bondi

California is prone to earthquakes and you need to be ready. Have you thought about where your Provider will be in case of an earthquake? Services like the fire department, police, social services agencies, the OC IHSS Public Authority and even the 911 system may not be able to provide immediate help. So, you need to work together with your Provider, family and reliable friends to create a plan for a disaster of any kind.

It is up to you to plan and be prepared. Have a week's worth of medical supplies, medications, and food and water available. Canned goods generally have a long shelf life. You need about 2 gallons of water per person/day. Have a radio with plenty of batteries so that you can receive emergency information. Also keep a supply of candles, matches, and a flashlight with extra batteries. For more information, call your local fire department and ask what you should put in your disaster kit. Any disaster is scary, but with the proper preparation you can survive.

Who We Are and What We Do

by Luz Napoles Loreto

Have you spent time on the phone or going from office to office trying to get the answer to your In-Home Supportive Services (IHSS) questions? If you have, you know this can be frustrating and time consuming. Below is the list of duties that the OC IHSS Public Authority, IHSS Social Workers and IHSS Payroll/Accounting Unit performs, and how you can reach us.

OC IHSS Public Authority

How to reach the IHSS Public Authority:

Address: 1200 N. Main St., Suite #700

Santa Ana, CA 92701

Ph #: 714-480-6446

Website address: www.oc.ca.gov/publicauth

Duties:

- Recruit and screen Providers to be on the Registry
- Send lists of available Providers to Consumers in need of a Provider
- Provide free training and support for Consumers and Providers
- Peer Provider Support Groups
- Information and referral

Remember:

- The OC IHSS Public Authority cannot change or give more hours to Consumers
- The OC IHSS Public Authority does not do payroll. Please call Accounting at 714-825-3000 for questions about timesheets and paychecks

Call for the following services:

- To become a Registry Provider
- To receive a list of potential Providers to interview and hire
- Free IHSS Consumer and Provider Training
- Resource library

- Peer Provider Support Group in English and Spanish
- Timesheet Management Workshop

IHSS Social Workers

How to reach IHSS Social Workers and IHSS Payroll/Accounting Unit:

Office Address:

1505 E. Warner Ave.

Santa Ana, CA 92705

Mailing Address:

P.O. Box 22006

Santa Ana, CA 92702-2006

Reception Ph #: 714-825-3000

** Call 714-825-3000 to find out your IHSS Social Worker's name and phone number, to be connected to Payroll (Accounting) or for general information about IHSS.

Duties:

- Make a home visit to the Consumer's home to determine eligibility for the IHSS Program
- Assign hours to Consumers based on their needs and perform yearly reassessments to re-evaluate hours
- Make referrals to the OC IHSS Public Authority Registry for Consumers needing a Provider
- Make referrals to other agencies for other resources a Consumer may need

Call for the following services:

- IHSS Reassessments
- To report a job injury/Workman's Compensation case
- Overpayment/underpayment
- Fair Hearing Appeals
- Share of Cost issues
- To report Consumer updates (address, phone number, hospitalization, vacation dates, etc.)
- To report IHSS fraud

IHSS Payroll/Accounting Unit

Duties:

- Issue paychecks to Providers after the timesheet, proper ID/SSN verifications, and PCSP forms are received
- Continue to process Provider's timesheets twice a month to ensure timely payments
- Employment verifications
- Deal with lost or misplaced paychecks

Please note: Checks are not printed or issued locally; they are sent from the State's Office in Sacramento.

Call for the following services:

- To report lost, misplaced or late timesheets
- Paycheck replacement/ stop payment
- Employment verification
- To report Provider's address and phone number changes

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c/o OC IHSS Public Authority
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