

PLACER COUNTY CHAPTER UDW
 HOMECARE PROVIDERS UNION

800 Sunrise Ave., Suite C
 Roseville, CA 95661



Placer County Chapter of United Domestic Workers

PLACER CAREGIVER
 NEWSLETTER

WELCOME TO THE FIRST EDITION NEWSLETTER

Welcome to the Placer County Newsletter. As the Placer County Chapter Chair and the Chapter Executive Board it is our responsibility to keep our members informed about what is going on in our county, Sacramento and our Union. It is our goal to help UDW in Placer County become even stronger and more effective so we can improve the quality of life for you and those for whom you care.

We invite you to be part of your newsletter—a *newsletter by caregivers for caregivers*. We hope this newsletter will encourage providers, seniors and those with disabilities to empower themselves to break barriers and turn our dreams into reality.

William Reed, Placer County Chapter Chair

Contest!

Name the Newsletter
 Win \$50

Submit your entry by
 July 1, 2011 to placer-fieldoffice@udwa.org or
 by mail to:

UDW
 800 Sunrise Ave. Suite C
 Roseville, CA 95661



Placer Co. UDW members and staff celebrating political victories after the November 2010 general election.

FOR CAREGIVERS BY CAREGIVERS

BY JEANNE ANDREWS

Welcome to the first edition of the Placer County UDW Caregiver Newsletter! A newsletter by caregivers for caregivers—just what many of you have been asking for. If you would like to join the team, please call the UDW office. Everyone is welcome to participate.

Our goal is to provide a forum for education, training and sharing of information about care giving in a positive and supportive way with the diverse community of both ‘family’ and ‘professional’ caregivers who make up the Placer County UDW. Your knowledge, experience and insight could be helpful to others; your contribution makes a difference. We hope to build a community for caregivers to provide support, friendship and help to one another.

While our union works hard at protecting our rights and supporting our members on many levels, this newsletter will be the place where political discussions will be limited to our union’s message. Don’t hesitate to share your stories and ideas with us by calling 916-751-2450.

Now is your chance to be heard!

If you are interested in forming a support group, please call 916-751-2450

CONTEST! Name our Newsletter and win \$50
 Submit your entry to UDW Placer Office by July 1st to:
 UDW 800 Sunrise Ave., Suite C Roseville, CA 95661 or by email to placerfieldoffice@udwa.org

**RESOURCE GUIDE
 USEFUL PHONE
 NUMBERS**

IHSS Payroll 916-872-6555
 Time Card Questions

IHSS 530-886-3680
 Public Authority 530-886-3680
 IHSS Registry Questions
 Social Worker Questions

Seniors First 800-878-9500
 Maidu Senior Center 916-774-5960
 Senior Services including Elder Care, Housing, Meals on Wheels, Social Services, Medicare and Door-to-Door Rides

A mentor is an earthbound guardian angel.

Ambulatory Care Nurse, Palo Alto

Calendar of Events

- 5/31/11 Placer Chapter Membership Meeting
 6-8 p.m. Lincoln Library
- 6/7/11 Placer Executive Board Mtg.
 10:00 am. Placer UDW , Roseville
- 6/16/11 IHSS Public Authority Advisory Committee
 1:30 p.m. “the Dome” in Auburn
- 6/17/11 Placer UDW Hawaiian BBQ**
11:00-2 :00 p.m.
Johnson Springview Park
Rocklin, CA 95677
- 7/5/11 Placer Executive Board Meeting
 10:00 a.m. Placer UDW , Roseville
- 7/21/11 IHSS Public Authority Advisory Com.
 1:30 pm. “The Dome” in Auburn
- 8/2/11 Placer Executive Board Mtg.
 10:00 am Placer UDW, Roseville

UDW Annual BBQ

Honor Retiring IHSS & Public Authority Manager Eldon Luce

You are invited to help us celebrate the many years of valued service Mr. Luce has given to the IHSS Program. Clients, providers and family members will enjoy our Hawaiian theme, good food, entertainment and door prizes.

Friday
June 17, 2011
11:00-2:00 p.m.
(Lunch from 12-1)
 Johnson Springview Park
 5480 Fifth Street
 Rocklin, CA 95677

UDW Executive Board

- Laura Reyes, UDW President
- Rose Nguyen, Secretary-Treasurer
- Rosalina Flores, Vice-President

Placer County UDW Executive Board

- William Reed, Placer Chapter Chairperson
- Carolyn Haines, Secretary-Treasurer
- Pamela Jones, Vice-Chairperson
- Lisa Davidson Julie Hansen
- Diane McCarty Ann Sharpan

UDW Staff

- Doug Moore, UDW Executive Director
- Johanna Hester, Director of Field Organizing Services
- Matthew Maldonado, Assistant Director of Field Organizing Services
- Mike Loza, Regional Coordinator
- Laraine Wheeler, Area Administrative Support Staff

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 800 Sunrise Ave, Suite C
 Roseville, CA 95661
 916-751-2450 (phone)
 916-751-2460 (fax)
placerfieldoffice@udwa.org

www.udwa.org

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UDW SPOTLIGHT

BY MIKE LOZA

My name is Mike Loza. I am your Regional Coordinator for Placer County. I have had the pleasure of working with your Chapter Chair for 4 years. I have seen great activism from many of you who have walked precincts for endorsed candidates, phone banked, and attended budget hearings in Sacramento. Some even went as far as Los Angeles, all to maintain the In-Home Supportive Services program.

In many cases, the persons we provide care for cannot go to Sacramento to fight to maintain this program. It is dependent upon us as providers to do all

we can when called upon by our Chapter Officers and the Union to help fight those who believe the IHSS program is not worthy of maintaining the funding necessary to provide adequate services.

So thanks to all who put many hours of your valuable time fighting the fight! And those who have not yet engaged in this fight, please call your Placer Co. office and ask how can I help! I am looking forward to seeing you at one of our actions or at your next membership meeting.

Mike Loza, Regional Coordinator, UDWA

CAREGIVER CORNER

BY MIKE ROY

My world opened up in 2008 when I decided I wanted to register with Placer Co. In-Home Support Services. One of my passions in life has been working with the elderly and how lucky was I to have been contacted by Jeanne Andrews asking for help with her Mom, Delores Hanson.

My duties are very simple in that Delores has Alzheimer's disease and

is unable to talk, walk or feed herself. My weekly visits give me the opportunity to help with the feeding and showering but it goes beyond that. I know that Delores knows who I am and even though she is unable to express her contentment at my being there, she lets me know with her smile. It doesn't get much more rewarding than that!

Yesterday is history, tomorrow is a mystery, and today is a gift: that's why they call it the present.

Eleanor Roosevelt

All providers and IHSS recipients are invited to attend

Placer Co. Chapter of UDW Membership Meeting

6:00-8:00 p.m.
Tuesday, May 31, 2011
Lincoln Library
485 Twelve Bridges Drive
Lincoln, CA 95648

Guest Speaker: Patti Diamond
Training Coordinator
Alta CA Regional Center

Topic: Changes and Effects Caused by Budget Cuts to Alta CA Regional Centers



Parker Davidson and Alyssa Petty are going to the Annual UDW BBQ. Will you be attending too?

CARING FOR THE CAREGIVER

BY CAROL CLIFTON

Finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it you might not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do the things that you enjoy on a daily basis. You will be a better caregiver for it.

10 TIPS FOR CAREGIVERS

- Care giving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Watch out for signs of depression, and don't delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things they can do.
- Educate yourself about your receiver's condition and how to communicate effectively with doctors.
- There's a difference between caring and doing. Be open to technologies and ideas that promote independence.
- Trust your instincts. Most of the time they will lead you in the right direction.
- Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
- Grieve for your losses, and then allow yourself to dream new dreams.
- Seek support from other caregivers. Enjoy the magic of mentoring. There is great strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen.

www.familycaregiver.org

KELLY ALAMEIDA HONORARY MEMBER OF UDW

Kelly Alameida was nominated to be an Honorary Member of UDW. She is a 37-year old, vibrant, spirited, and accomplished young woman who has been living with multiple sclerosis (MS) since she was 12 years old. All who know her have been touched by her sincerity, heartened by her self-determination, and inspired by her courage. While managing the gradual loss of function in her lower limbs, she graduated from Chico State and taught special education. She also worked

for the CA Public Employees' Retirement System.

Continual flare-ups of MS led to her requiring a cane and finally an electronic wheelchair. After working with the state for 3 years, further complications led Kelly to move in with her family—initially with her parents and presently with her sister. "It was frustrating," said Kelly, "relying on others to take care of me after living a successful life." She has required the aid of IHSS caregivers

for 4 years.

Kelly is able to remain in a family environment and be part of her community. She is giving back to IHSS and others with disabilities by speaking at events. Kelly's self-determination and activism are inspiring.

For more information about MS., call the Multiple Sclerosis Society, Northern CA Chapter at 1-800-344-4867 or go to nationalmssociety.org

by Jeanne Andrews



IHSS recipient, Kelly Alameida, is an Honorary Member of United Domestic Workers of America

DID YOU KNOW?

BY CAROL CLIFTON

PIRS serves Placer, El Dorado and Alpine County residents with disabilities that require assistive technology devices in order to function more independently and may be eligible for assistance through the PIRS ASSISTIVE TECHNOLOGY SERVICES AND THE 'AT NETWORK'. AT is simply the tools and resources used by persons with disabilities to enhance their quality of life. AT comes in many shapes and forms. It can be as simple as eye-glasses, hearing aids, knee

braces, a manual or power wheelchair, or a technologically sophisticated voice-activated computer system. Any adaptive aid used by a person with a disability to function independently.

The 'AT NETWORK' is a statewide project coordinated by the California Foundation for Independent Living Centers, Inc., that provides access to resource information on assistive technologies and related services enabling

persons with disabilities an opportunity to be successful, independent and productive, enhancing the quality of life for all. Information and referral is a free service at the "AT NETWORK" in association with PIRS, funded by the State Department of Rehabilitation.

For more information, call Helene Ferreira, PIRS Assistive Technology Resource Specialist, at 800-833-3453

www.pirs.org



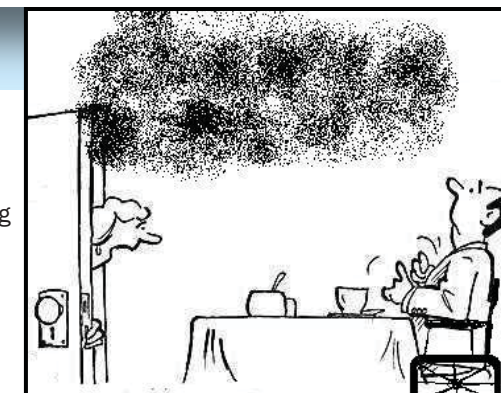
Ken Jones, IHSS provider for his daughter, Barbara, testifies at the Capitol against proposed budget cuts.

WHAT'S THE BUZZ? BY SHARON DUCHESSI

The Placer County Chapter of UDW holds membership meetings that are open to all recipients, providers and other interested individuals focusing on current issues relating to care providers. At the March meeting, Laura Wayman of "The Dementia Whisperers",

spoke about dementia, sharing many stories from her own family experiences. Imagine being in the present but living in the past. Ms. Wayman has done extensive research about Dementia. Ms. Wayman has also authored a book on this

subject called "A Loving Approach to Dementia Care". She has a radio show on Saturday morning at 6:00 am on KAHN, 950 on the AM dial. For more information, go to www.laurawayman.com



I have maxed my hours for the month, so I have to leave now.