



# Placer County Chapter of United Domestic Workers

## PLACER CAREGIVER

### A Message from UDWA Placer County Chairperson

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Editors: Carol Clifton and Kathy Barham

**C**ongratulations, I think that we have a newsletter. Thank you for all your support in giving us articles and information to share with others. This Newsletter will serve as more than a calendar of events. We hope that it will make you laugh, cry and evoke a sense of participation.

We display our articles and photographs to keep us informed, to support each other and remind us of certain events we shared with friends, family and our community. We hope that it will be a link between individuals and families, and the services and programs available to them. We should never wait for things to just happen or expect anything from life that we don't give. It's up to all of us to make things happen and live and enjoy each day to the fullest. We are all serving our loved ones and possibly this is why we are here.

**William N. Reed, Chapter Chair, Placer County**

*When love and skill work together, expect a masterpiece*  
**John Ruskin**

If you are interested in forming a support group, please call



Placer County E-Board Members and Newsletter Committee

## LABOR DAY BY CHARLOTTE LEAL

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**T**he labor movement in the United States grew out of the need to protect the common interest of workers. For those in the industrial sector, organized labor unions fought for better wages, reasonable hours and safer working conditions. The labor movement led efforts to stop child labor, give health benefits and provide aid to workers who were injured or retired. Observed on the first Monday in September, Labor Day pays tribute to the contributions and achievements of American Workers. It was created by the Labor movement in the late 19<sup>th</sup> century and became a federal holiday in 1894. Labor Day also symbolizes the end of summer for many Americans, and is celebrated with parties, parades and athletic events. But we should not forget the many benefits that our Unions have fought hard for us to enjoy and keep.

**Charlotte Leal, UDWA Member**



Placer County E-Board members and UDWA Executive Director, Doug Moore, honoring Eldon Luce at the Hawaiian BBQ. Julie Hansen made the wonderful Hawaiian aprons.

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion" Dalai Lama

## CARING FOR THE CAREGIVER

BY CAROL CLIFTON

Being a caregiver is a centuries-old act of kindness, love and loyalty and as life expectancies increase and medical treatments advance, more and more of us will participate in the care giving process, either as caregivers, recipients, or possibly both.

If you let the stress of care giving progress to burnout, it can damage both your physical and mental health. As stress piles up, frustration and despair take hold and burnout becomes a very real danger. But you can prevent caregiver burnout by following a few essential guidelines:

- **Learn as much as you can** about your recipient's needs. The more you know, the more effective you'll be, and the better you will feel about your efforts.
- **Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and others involved.
- **Accept your feelings.** Care giving can trigger a host of difficult emotions including anger, fear, resentment, guilt, helplessness and grief. As long as you don't compromise the well-being of the receiver, allow your self to feel what you feel.
- **Confide in others.** Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too. You may also benefit from seeing a therapist or counselor.

## WHAT'S THE BUZZ?

BY SHARON DUCHESSI

A shining point in 2011 was our **Annual UDWA BBQ**. We hope to express appreciation and support for caregivers, clients and their families. This year we said our goodbyes to IHSS/Public Authority Manager, Eldon Luce, who is retiring after 30 years of service. Eldon was instrumental in starting the IHSS Program.

The theme this year was Hawaiian and the food was great! The people were even better. I enjoyed visiting with people I have not seen in months. What a wonderful day it was with coloring and face painting for the kids and door prizes for all. We enjoyed great musical entertainment by **Dream Theatre** who sang a variety of songs from Elvis to Queen.

For those who missed it, you are invited to our IHSS/UDWA Appreciation Holiday Dinner on December 6th at the Maidu Center in Roseville.

## PLACER COUNTY NEWS

BY CHERYL TRENWITH

My name is Cheryl Trenwith, and I have recently become the Placer Program Manager for our Public Authority. I am very excited to be working with IHSS and Public Authority staff to insure that Placer residents are able to retain their independence and remain in their own homes. As a larger number of our population are aging, there will be greater demand for in home support. Now is the time, more than ever, to work to support outstanding care giving providers like those working for recipient consumers in our county. I understand that being a provider of services for someone in need is more than a job, and I am committed to supporting all of you to be successful in both your work and your dedication to our clients.

November is Caregiver Appreciation Month, and in order to celebrate the special people who chose to be IHSS provider caregivers in Placer County, the Placer Public Authority, in partnership with UDWA Home-care Providers Union, are hosting a special Holiday dinner and night of recognition. There will be speakers, special awards, a raffle, and a wonderful dinner.

This event will take place December 6th at the Maidu Center in Roseville. I look forward to meeting all of you there.

Cheryl Trenwith, MA, MFT  
Placer HHS Adult System of Care

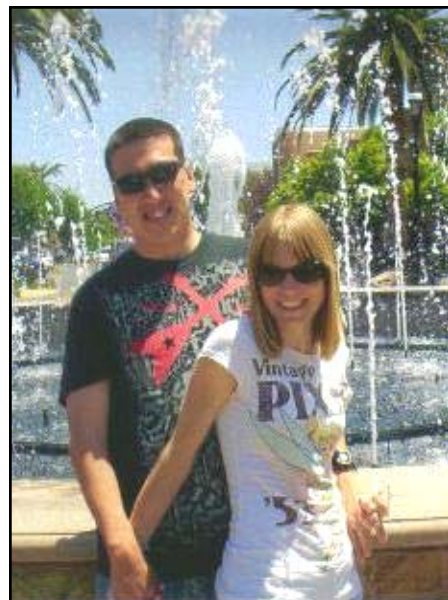
## AMBER BAKER

BY CAROL CLIFTON

Amber Baker is a vibrant and energetic 31 year old young woman who resides in Lincoln. She relocated from Alaska to California four and one half years ago. Amber enjoys living in this area due to the availability of opportunities for both advancement and personal growth. She is a participant in the Aim Higher Program for adults with disabilities. She rides the bus to Roseville, accompanied by her peers, and enjoys participating in cooking, karaoke and dance. She also assists staff with warming up lunches for herself and her peers. Friday afternoons Amber enjoys the independent horseback riding program at Ride to Walk located in Lincoln. Recently she modeled silk-screened T-shirts in Aim Higher's First Annual Fashion Show and also participated in an invitational softball tournament with the Aim Higher Bulldogs.

Amber loves her two kitties that she rescued from Field Haven Rescue. Angel is four and Tinker is two. Feeding and watering as well as providing a loving home for them is a daily routine for Amber. She enjoys shopping and choosing her own clothes. Amber says, "I know what clothes I like to wear and it is fun to pick them out." She also likes movies and has a collection of Look Who's Talking 1-2-3.

Amber has a boyfriend, Billy, and has enjoyed his friendship for four years. She enjoys living with her mother, Joan, saying, "Mom prepares nutritious meals, such as stroganoff and steamed vegetables, and she lets me help her cook.. I feel comfortable and safe living with Mom, my IHSS caregiver." She has family members who reside in the area and she treasures their times together. Amber is an inspiration to all who know her.



Amber Baker and her boyfriend, Billy.



Kay Inchaurregui and her mother, Francis

## CAREGIVER CORNER

BY KAY INCHAURREGUI

As caretaker for my 93 year old mother, I know all that it takes to take care of her. It's a full 24-7 job. From cooking all her meals to giving her showers, washing her clothes, putting her to bed at night and being there when she gets up in the morning.. In all that, I would never consider her going to a home, even if that were possible financially. That is why this IHSS program is so important for us to keep our elderly and special people at home where we want and where they need to be.

There are good things that come from her being able to stay in her own home (my home) with the people who love her most. We can often have lunch or dinner out as she can walk short distances. She can't eat much, but she loves Olive Garden. I don't get many breaks, although I try to get an hour at the gym 2-3 times a week. I have the best husband and partner anyone could ask for and besides caring for mom, our other labor of love is working together in our yard. My husband attends most UDWA meetings because we believe in what we are doing for my mother.

## UDWA SPOTLIGHT

BY JOHANNA HESTER

Hello Placer County Members! My name is Johanna Puno Hester and I am the Director of the Organizing and Field Service Department of UDWA. I want to thank the leaders of Placer County for allowing me to write about the work that I do with APALA.

I humbly serve as the President of the Asian Pacific American Labor Alliance. APALA is the only Asian American Pacific Islander group made up of union members in the nation. One of our goal is to educate AAPI members to become more active in their union. By doing this, we help empower our AAPI providers in advocating for their consumers and protecting the IHSS program. We must be relentless in involving everyone who have an interest in protecting and preserving the IHSS program. To learn more about APALA or start a chapter in your area, visit [www.apalanet.org](http://www.apalanet.org).

# Dream Theatre

by Robyn Wagner

The Dream Theatre performers had a terrific time at the UDWA picnic in June. They are always ready to share their talents with a willing audience and they all enjoyed the food and raffle as well. It was a wonderful opportunity for the entire group to participate in a performance out in the community. Lauren Clifford said, "The food was *great* – until my hamburger patty slid off my plate!" She went on to say she was given another one.



At the beginning of the performance we had some technical difficulties. The MC's had to take over, filling the time with impromptu jokes.

Mike Hamilton, one of the MCs said, "That was major! We didn't know how many jokes we'd have to do." Shawn Coatney, a vocal soloist said, "I wanted to change the lyrics of my song to, '*I Wonder What Happened to the Computer?*'" Stephanie Olson jumped right into rehearsals for the picnic show, performing her first vocal solo only one week after starting. Many of the performers expressed the desire to do more performing out in the community, some even suggesting songs to perform at future events.

For information about Dream Theatre shows and events, please sign up for our fan list. We will email show information to you. To sign up, visit our website –

[www.dream-theatre.org](http://www.dream-theatre.org)

Little things can mean a lot. Spread kindness.

## Training Survey

(Please cut and return to our office)

UDWA 800 Sunrise Ave., Suite C Roseville, CA 95661

Our continuing goal is to provide a forum for education, training and sharing of information about care giving. We ask each caregiver to participate in completing this survey indicating your interest.

Please check all that you would like to attend if they were offered.

- CPR
- Back Care
- Nutrition and Fluids
- First Aid
- Dressing and Grooming
- Safety in the Home
- Providing personal care/skin care
- Safe handling of bodily fluids
- Bowel and bladder care
- Employer/employee relations
- Equipment use and care
- Elder & disability awareness & sensitivity

- Working with someone with mental illness
- Elder Abuse
- Grief, loss, death
- Cultural Sensitivity
- Stress Management
- Cooking
- Non-toxic house cleaning
- Family dynamics
- Exercise for seniors
- Exercise for people with disabilities
- Working with dementia or Alzheimer's
- Conflict resolution

## DID YOU KNOW?

BY CAROL CLIFTON

Legal Help Center (Free)

### Bill Santucci Justice Center Courthouse

10820 Justice Center Drive, Roseville, CA 95678

The 72 acre campus at the Bill Santucci Justice Center consists of 19 acres of wetland preserves dedicated to the city of Roseville with the remaining land being developed as a comprehensive justice service center. There is plenty of free parking and the grounds are nicely landscaped. The second floor waiting room with huge windows, has two large televisions with CNN, a bookshelf with magazines and books, clean restrooms and seating for everyone. Free Wi-Fi is available while you wait. If nothing more, a short drive to the country will help you see where your tax dollars are spent.

There are many **free** legal services available in the Legal Help Center at the Santucci Justice Center.

**I-CAN! Legal** is an interactive program that will help you fill out forms for legal issues. While it does not represent customers in court, it does provide legal and procedural information and assistance with court forms. The services are not confidential. Both sides of the case will be assisted equally. To get legal advice or have a confidential conversation you must speak with a private attorney. All services at the Legal Help Center are free.

The goal of the site is to help citizens navigate and locate legal assistance programs using friendly design and search tools to find information required to complete the process.

[www.placer.courts.ca.gov/legal/legal\\_intro.html](http://www.placer.courts.ca.gov/legal/legal_intro.html)

All IHSS providers and recipients are invited to attend

Placer Co. Chapter of UDWA  
Membership Meetings

**September 27**

6:00-8:00 p.m.

Lincoln Library

485 Twelve Bridges Dr., Lincoln, CA

Topic: Working With Cerebral Palsy  
by Loie Rhodes, UPC Discovery Options

**October 15**

6:00-8:00 p.m.

Lincoln Library

485 Twelve Bridges Dr., Lincoln, CA

Topic: Things You Should Know  
About the IHSS Program

**December 6th**

6:00-8:00

UDWA/IHSS Appreciation Holiday Dinner

Maidu Community Center

1550 Maidu Drive

Roseville, CA 95661

## Name the Newsletter—Win \$50

It's not too late!

Submit your entry to: Name the Newsletter

Entry: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Submit by email: [placerfieldoffice@udwa.org](mailto:placerfieldoffice@udwa.org)

# CONTEST EXTENDED! Name our Newsletter and win \$50

Submit your entry to UDWA Placer Office:

UDWA 800 Sunrise Ave., Suite C Roseville, CA 95661 or by email to [placerfieldoffice@udwa.org](mailto:placerfieldoffice@udwa.org)

## RESOURCE GUIDE

IHSS Payroll 916-872-6555  
Time Card Questions

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

UDWA Health/Dental Ins. Info  
Goldman & Walker 800-883-0902

Dental Health Services  
877-890-7023

AIM Higher 916-783-4699  
Adult Disability Services  
Ride-to-Walk 916-434-0693

The benefits of kindness are two-fold. Acts of kindness benefit both the recipient and the giver.

## Calendar of Events

- Sept. 6 UDW A Placer Co. E-Board Mtg.  
10:00 am  
800 Sunrise Ave, Roseville, CA
- Sept 27 UDW A Chapter Membership Mtg.  
6:00-8:00 pm  
Lincoln Library, Lincoln, CA
- Oct. 4 UDWA Placer Co. E-Board Mtg.  
10:00 am  
800 Sunrise Ave., Roseville, CA
- Oct. 25 UDW Chapter Membership Mtg.  
Lincoln Library  
6:00-8:00 pm
- Nov. 1 UDW A Placer Co. E-Board Mtg.  
10:00 am Placer UDW, Roseville  
800 Sunrise Ave., Roseville, CA
- Dec 6 UDWA/IHSS Appreciation  
Holiday Dinner  
6:00-8:00 p.m.  
Maidu Community Center  
Roseville, CA 95661

## UDW/IHSS Appreciation Holiday Dinner

You are invited to help us celebrate the Holiday Season. Clients, providers and family members will enjoy good food, entertainment and door prizes.

**Tuesday  
Dec. 6, 2011  
6:00-8:00 p.m.**  
(doors open at 5:45)

Maidu Community Center  
1550 Maidu Dr.  
Roseville, CA 95661

Placer County Chapter of  
United Domestic Workers  
800 Sunrise Ave., Suite C  
Roseville, CA 95661

