



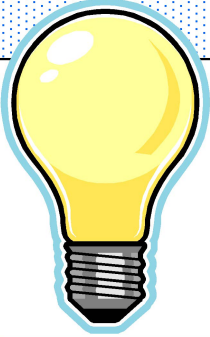
Link2Care

Fall/Winter 2008



**A Publication of the Stanislaus County
Public Authority**

Energy Saving Tips



With all of the drastic changes in the world, it's important to save whenever you can. Saving money isn't the only thing we should focus on, we also need to save energy. The typical U.S. family spends more than \$1,600 a year on home utility bills. Unfortunately, a large portion of that energy is wasted. The good news is that there is a lot you can do to save energy and money at home and in your car. Below is a list of tips that can benefit both you and the world!

- Set your thermostat comfortably low in the winter and comfortably high in the summer. Install a programmable thermostat that is compatible with your heating and cooling system.
- Use compact fluorescent light bulbs.
- Air dry dishes instead of using your dishwasher's drying cycle.
- Turn off your computer and monitor when not in use.
- Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use (TVs and DVDs in standby mode still use several watts of power)
- Lower the thermostat on your hot water heater to 120°F.
- Take short showers instead of baths.
- Wash only full loads of dishes and clothes.
- Drive sensibly. Aggressive driving (speeding, rapid acceleration and braking) wastes gasoline.
- Look for the ENERGY STAR® label on home appliances and products. ENERGY STAR products meet strict efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy.

*Portions of this article were taken from Energy Savers booklet.
Visit www.eere.energy.gov for more information.*



Wage Increase for IHSS Providers!

Effective October 1, 2008

IHSS Providers wage will increase from \$8.84 to \$9.11 per hour!

Reminder—The pay period from October 1st - 15th will reflect the wage increase.



Message from the Director

What an amazing year! California has broken its own record, 85 days late with the State Budget. On Tuesday September 23, 2008, the Governor signed the State Budget into law, but not before blue penciling (eliminating) \$510 million in budgeted spending.

The In-Home Supportive Services (IHSS) program was once again a target of drastic budget cuts. Recipient domestic services: which include sweeping, vacuuming, dusting, laundry, and meal preparation, were to be eliminated for the vast majority of IHSS Recipients. In addition, Provider wages were to be rolled-back to the State minimum wage of \$8.00 per hour; thankfully, neither of these disastrous consequences occurred. This means that the planned IHSS Provider wage increase can go into effect. On October 1, 2008, IHSS Provider wages in Stanislaus County will rise by \$0.27 per hour, from \$8.84 to \$9.11 per hour; a well deserved increase for the hard working IHSS Providers.

Here at Link2Care, the Budget uncertainty has impacted the way we do business, we have had to cut expenses and anticipate more cuts in the near future. Monies that were set aside for program improvements have had to cover increased program costs. One of the budget casualties is this newsletter, specifically the frequency of the newsletter. Due to budget constraints, we will only be able to send the newsletter to you twice per year; rather than our normal Winter, Spring, Summer and Fall issues.

We're striving to keep the newsletter high quality and keep the articles informative. The newsletter is a vehicle to keep you, the IHSS Recipient and Provider, informed of what is going on in the world of IHSS as well as alert you to important community events and general safety information. The staff at Link2Care and IHSS Program work closely to improve the service to IHSS Recipients and Providers, the newsletter is one of those nice little extras that make things a little better, sadly it won't be as frequently as we would like. If you have suggestions for improvement or comments on the newsletter please let us know our phone number is (209) 558-4787. I hope you continue to enjoy the newsletter, albeit less frequently.

Jeffrey M. Lambaren
Executive Director

MID/TID CARES



Once again MID/TID CARES Program is available! You can save on your monthly energy bill. Below is some information to apply.

MID—Applications are available by calling (866) 645-6625 (Monday through Friday, 8am-5pm). If you need assistance to complete the application, please call 526-7373, or bring your MID bill and proof of income to MID office located at 1231d1th St., Modesto.

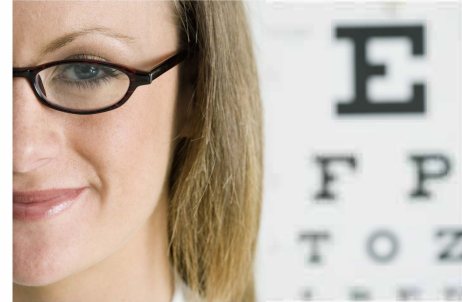
TID—Applications are available by contacting the Salvation Army at 669-5366. You can also find the application at the Community Services Agency. Upon approval of your application, you'll begin saving for one full year!

Seniors Eye Care

There are many helpful programs out there that many of us aren't aware of. The Seniors Eye Care Program is one of them. This program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. This program thrives on raising awareness about age-related eye disease and provides free eye care educational materials and facilitates access to eye care at no out-of-pocket cost.

The Seniors Eye Care Program is designed for people who:

- Are US citizens or legal residents
- Are age 65 and older
- Have not seen an ophthalmologist in 3 or more years
- Do not belong to an HMO or the VA



People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of treatment – at no out-of-pocket cost – for any disease diagnosed during the initial exam.

To find out if you, a family member or friend qualifies for a referral through this program call 800-222-EYES (3937).

*Portions of this article were taken from Eye Care America's website.
Visit www.eyecareamerica.com for more information.*

Cold Weather Ahead



With winter soon approaching, it is important that we try to prepare ourselves for what is ahead. There are many things we can do to protect ourselves and our loved ones. Here are a few simple measures to protect yourself during cold weather conditions:

- Keep your thermostat at 68° during the day and 63° at night.
- Wear layers of warm, dry clothing (including a head covering and gloves).
- Maintain good nutrition and get plenty of rest.
- Check with your doctor when using prescription drugs. Some medications may lower tolerance levels for cold.
- If you live alone, keep in contact with friends and family.
- Do NOT use an oven for heating the room.
- Space heaters can be a fire risk. Follow the directions for safe use.
- If you are 65 or older, disabled, or have a chronic illness, talk to your doctor about getting a flu shot every year.
- Common symptoms of cold-related health problems include: stiff muscles, slowed breathing, puffy face, poor physical condition and mental confusion.

Being aware of the above can tremendously help you and your family. Just remember, if you need emergency medical attention, call your Physician or 911 immediately.



*—Information was taken from County of Los Angeles
Department of Public Social Services*

Caregiver's Corner

Every month there are many questions that are asked in regards to your checks. Our friendly payroll staff has included this great information to answer your questions.

- ◆ Please remember to use blue or black ink and NOT pencil to complete your time sheet.

- ◆ Do NOT use whiteout on your time sheet.

- ◆ Please be sure that your daily hours are legible.
- ◆ Only 1/2 of total hours are usually worked the first half of the month. All the hours for the month are shown on the first time sheet. If more than 50% of the hours are used in the first half of the month, payroll procedures direct the Social Worker to review the time sheet. (Which could delay your check!)
- ◆ Be careful when detaching your pay check stub from your time sheet, time sheets that have been torn in half will not be processed, a replacement time sheet will be issued and mailed to you.
- ◆ Your paycheck is mailed from the State Controller's Office in Sacramento two business days after Payroll inputs your timesheet in the computer, Excludes Saturdays, Sundays and holidays.
- ◆ If you lose your check or do not receive it within ten business days from the date you submitted your timesheet, call Payroll at 558-3976.
- ◆ If you have questions phone your Social Services Assistant (SSA) or you may phone 558-3976.

Thank you and HAPPY HOLIDAYS!

Spotlight on a Caregiver:

Caregivers are a special group of people who deserve our praise!

Written by: Maria Osuna-Baldwin

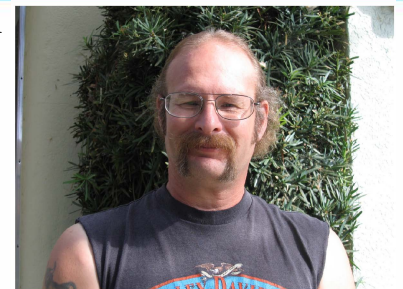
Working on the Registry I see a lot of Caregivers coming through here looking for work. This month we are spotlighting a Caregiver who always has a cheerful outlook and cares about the people on our program. Our Caregiver of the month is Ron Halseth. When I asked him if I could make him our Spotlight Caregiver he was surprised, but happy.

When I asked him how he got into caring for the elderly, his voice softened when he spoke of the memories of his grandmother & great-grandmother, who lived together. When Ron was between the ages of 3 to 7 years, he and his mom went over and cared for his grandmother & great-grandmother. He was great at fetching things and just being great company for them. They were great at bandaging scraped knees. As an adult, he periodically cared for his friend's 93 year old grandmother, who had a baby grand piano and played it regularly. That eventually led him to getting his first job with In-Home Supportive Services.

Ron is currently mourning the recent passing of a Recipient who was also a friend. He has stayed in touch with the family. He is currently working for several Recipients and told me about one who is a lot of fun. This Recipient is 84 years old, he has cancer, he is deaf and has a problem with his vision. Yet the Recipient lives every day like it is his last and in Ron's happy words, "He is the bomb!"

When I talked to him about his outlook, he said that he tries to turn bad situations into good ones. As for his outlook regarding caregivers, he feels they are "underrated, underpaid, and undervalued. We are outnumbered and we see what our clients are not getting." He often volunteers his time to help them out. If he does not have the time, he finds other agencies to help out.

From the Registry's point of view, we can stand a hundred more like Ron. Three cheers for Ron! We are proud to have him as one of our Caregivers on the Link 2 Care Registry!



Maria's Corner

At The Drop Of A Hat

One of our Providers called to report that her Recipient keeps calling her at all times to come and do things that are not an emergency and can wait until the next time she comes to work. The Recipient gets angry when the Provider tells her that she cannot come at that time. She has also been scheduling doctor appointments at a time when the Provider is scheduled to work with someone else. The Provider was concerned that she may be doing something wrong. Of course she wasn't. How many jobs expect you to come back after you have finished for the day? And how many jobs expect you to come in at the drop of a hat? I advised her to have a gentle talk with her Recipient and remind the Recipient that she needs to schedule her doctor appointments for times the Provider is scheduled to work. Another idea is for the Recipient to keep a list on her refrigerator. When the Recipient thinks of things she needs done, she can add them to the list so that the Provider can take care of them during her set time at work. Another suggestion if this does not resolve the situation is to have the client call and make her appointments while the Provider is working in the home. If this does not correct the situation contact the Social Services Assistant and she can review the time for tasks with the Recipient and explain what the program covers and does not cover. hope this helps you to avoid the "at-the-drop-of-a-hat" syndrome!



Maria Osuna-Baldwin,
Registry Specialist



Special Caregiver Quotes

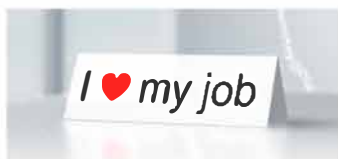


I sent this Caregiver from Modesto all the way out to Newman because we could not find anyone to work for this Recipient near Newman.

The caregiver, Victoria Trevino later stated: **"It's like working for my grandma & getting paid for it."**

I tried all afternoon trying to find a substitute Caregiver for a lady who has a lot of personal care needs and her caregiver had to leave town on a family emergency. Juanita said she would be very busy on the weekend, but if I could not find anyone else to call her. I ended up having to call her.

I later heard from Juanita Henderson who stated: **"I was hesitant to take the position, but thank you for sending me because I was blessed and she (the Recipient) felt that she was blessed also. She is a very nice lady."**

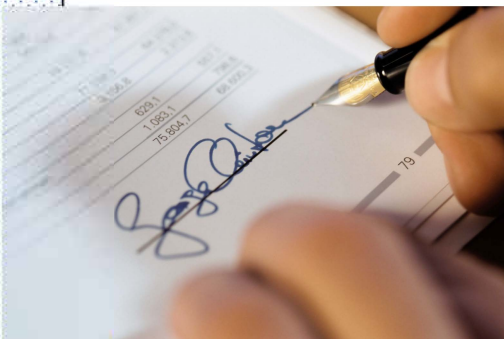


From another Caregiver Brenda valentine—"I love my Job! How many people can say that? Every day, I look forward to going to work."

Employer Info



We recently have been receiving phone calls from credit card companies and banks looking for Providers. They call us to verify employment and/or to discuss a personal matter. We realize this is happening because when asked to provide employer information you are putting Stanislaus County, IHSS Office and including our office number. To remedy this situation we ask that when filling out any applications that require your employer name and phone number, you should always use your cell phone number and/or another number where you can be reached. Listing Stanislaus County, IHSS as your employer is acceptable but putting the IHSS Office number does not give them the correct phone number to reach you. When we receive these calls they are told the Provider does not work in our office. This can cause confusion on their part and could prevent important information from being passed on to the Provider. In the future, put your own contact information when filling out any type of applications, so important messages reach you.



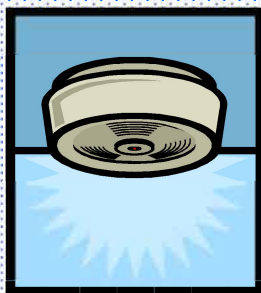
Attention...

Registry Providers Remain Active!

Providers on the Registry must call once every month to update their records. If you do not call us, or return our call, we will mark you inactive.

It is important you update us when your information changes. If we do not have your updated information, IHSS consumers who need help are receiving incorrect information and you won't get work!

Call 558-4787



Fire Safety

Around this time of year many are stricken by tragedy caused by fires. A lot of the fires that happen in our community could have been prevented with a smoke detector. We strongly encourage all members of the community to safeguard their homes.

While most people have a smoke detector, there are quite a few who do not. For those of you that have a smoke detector, when was the last time you changed the battery? It is important to change your battery at least once a year. It has been suggested that people change their batteries when they change their clocks, during daylight savings time, or on their birthday. For those that don't have a smoke detector, it could be that you don't think about the benefits of having one. Unfortunately, some may only think about it when tragedy has struck. Or it could be that purchasing this device would cause financial hardship. If that is the issue there is a program through the Fire Prevention Bureau that can help. A smoke alarm would be provided and installed at no cost. There have been generous donations from the community that have allowed our city to provide this service in order to ensure life safety. There is no reason for any family to go unprotected.

To benefit from this program you can email Mike Payton at mpayton@modestogov.com or call 571-5553.

Fall Prevention: 6 ways to reduce your falling risk

By: Jill Erickson, Manager at Area Agency on Aging

Did you know your odds of falling each year after age 65 are about one in three? You are more likely to fall as you get older because of age-related physical changes and certain medical conditions like high blood pressure and diabetes. Have you had a recent fall? If yes, then you are considered at high risk of having another fall and your risk of having an injury from a fall continues to increase with every fall. Most falls are preventable. You need to take steps now to reduce your risk of falling and avoid potential serious injury.

MayoClinic.com offers six fall-prevention approaches that can help you avoid falls.

Fall-prevention step 1: Make an appointment with your doctor

Begin your fall-prevention plan by making an appointment with your doctor. You and your doctor can take a comprehensive look at your environment, your health, and your medications to identify situations when you're vulnerable to falling. Your doctor may also recommend a referral to physical therapy to evaluate your muscle strength, balance and individual walking style (gait).

Fall-prevention step 2: Keep moving

If you aren't already getting regular physical activity, consider starting a general exercise program as part of your fall-prevention plan. Consider activities such as walking, water workouts, strength & balance classes like "Young at Heart" strength training or tai chi classes. Such activities reduce your risk of falls by improving your strength, balance, coordination and flexibility. Remember to always check with your doctor before starting any new exercise routine.

For more information about Senior fitness classes call the Healthy Aging Association: (209) 523-2800.

Fall-prevention step 3: Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers,

and shoes with slick soles can make you slip, stumble, and fall. So can walking in your stockings/socks.

It is important to have proper fitting, sturdy shoes with nonskid soles.

Fall-prevention step 4: Remove home hazards

As part of your fall-prevention measures, take a look around you your living room, kitchen, bedroom, bathroom, hallways and stairways may be filled clutter. Remove boxes, newspapers, electrical cords and phone cords from walkways. Move coffee tables, magazine racks and plant stands from high-traffic areas. Secure loose rugs with double-faced tape, tacks or a slip-resistant backing.

Fall-prevention step 5: Light up your living space

As you get older, less light reaches the back of your eyes where you sense color and motion. So keep your home brightly lit with 100-watt bulbs or higher to avoid tripping on objects that are hard to see. Place a lamp near your bed and within reach so that you can use it if you get up at night. Place night lights in your bedroom, bathroom and hallways.

Fall-prevention step 6: Use assistive devices

Your doctor might recommend using a cane or walker to keep you steady. Some other devices you might consider are:

Grab bars mounted inside and just outside your shower or bathtub. A raised toilet seat or one with armrests to stabilize yourself. A shower chair and a hand-held shower nozzle so that you can shower sitting down.

For a free home safety checklist call the Stanislaus County Senior and Caregiver information line at (209) 558-8698 or toll-free (800) 510-2020. In cooperation with the Stanislaus County Fall Prevention Coalition.

The Long Goodbye: Alzheimer's at the end of life

By Christine Ramsey, Public Relations Specialist at Community Hospice

Among end-stage cancer patients, Hospice is a well-known option. But Hospice is seldom utilized for people with Alzheimer's disease. One reason is that Alzheimer's is not as clear-cut to define as some other diseases, when considering if hospice is appropriate.

For those who have Alzheimer's disease, it becomes more difficult for them to carry out normal daily activities without help as the disease progresses. Some may forget how to nourish and hydrate their bodies. It also becomes more difficult for the caregiver and physician to determine the level pain that the person may be experiencing.

The 2008 Alzheimer's disease Fact and Figures report states, "One study showed that hospital patients with Alzheimer's disease often had untreated or under treated pain. Palliative care is a service designed to relieve such symptoms, and the Medicare hospice benefit is one way to fund that care."

Community Hospice has trained staff that are experts when it comes to pain management. They also have general guidelines that are helpful for determining prognosis for dementia and Alzheimer's disease and when someone would be appropriate for hospice care.

Because of the unique nature of Alzheimer's, caregiving for someone with the disease can be particularly trying. The caregiver essentially grieves the loss of the person that they are caring for before they die – because their loved one can no longer remember their life together over the last 60 years or their children. It is a thankless job that can be overwhelmed with stress and confusion.

Community Hospice is able to provide so much more than medical assistance to those with a serious illness – they are able to help the caregivers in a variety of ways: caregiver support group, education about what to expect, resources to help with errands, master's degree level social workers to help with family dynamics, home health aides to provide personal care to the patient and more.

Community Hospice encourages families who are caring for a loved one with Alzheimer's to begin discussions about end of life care, even if the patient is currently not quite ready for hospice. The conversations can begin and can continue later if necessary.

For more information on how Community Hospice can help you or a loved one, please call (209) 578-6300 or visit www.hospiceheart.org.



Community Hospice Events

All events will be held at Community Hospice, 4368 Spyres Way in Modesto.

Veteran's Benefits and Medical Programs Lunch & Learn Nov 4 – 11:30 a.m. to 1 p.m.

Informal family caregivers are invited to a free Lunch & Learn program on the topic of Veteran's Benefits and Medical Programs. Please call (209) 578-6373 to RSVP or for more information.

Evening of Hope Nov 6 – 6:30 to 8 p.m.

An inspirational Evening of Hope featuring Rev. Dr. Kathleen Rusnak, national renowned speaker and hospice chaplain.

Coping with the Holidays workshop Nov 20 – 6:30 to 8 p.m.

This workshop will give practical tips and encouraging stories on how to cope during the holidays following the loss of a loved one.

Common Sense Approach to Alzheimer's Caregiving Lunch & Learn Dec 2 – 11:30 a.m. to 1 p.m.

Informal family caregivers are invited to a free Lunch & Learn program on the topic Alzheimer's disease and caregiving. Please call (209) 578-6373 to RSVP or for more information.

A Reverse Mortgage... is it for You?

Reverse mortgages are a special type of home loan that allows a homeowner to convert equity in his/her home into cash. Reverse mortgages are for seniors 62 and older, and allow the homeowner to access the equity in their homes tax free while maintaining ownership of their home.

There are four ways to get cash with reverse mortgages: 1) all at once in a lump sum, 2) as a regular monthly cash advance, 3) as a credit line account that lets you decide when and how much of your available cash is paid to you, or 4) a combination of these payment methods.

No matter how this reverse mortgage is paid out, the homeowner typically doesn't have to pay anything back until they sell their home, permanently move out of their residence, or pass away.



A reverse mortgage can turn the value of your home into cash, without having to move or to repay a loan each month. This highly regulated and safe government backed program is for senior homeowners (over 62).

If this mortgage option interests you, be sure to consider how a lump sum benefit or monthly income may affect your IHSS or other government benefits. A qualified mortgage broker can help you decide if this is a good option for you.

Emma Jacobs is a loan officer for New Destiny Real Estate & Loans. For more information about the mortgage options available, you can call her at 568-5780.

Food Safety Education

Most people do not think about food safety until they or someone they know becomes infected with foodborne illness. People usually become infected with foodborne illness when they eat a contaminated food item. Below is a little fun word match. See how knowledgeable you are about food safety.

- | | | |
|------------------------|--|---|
| 1. Two Hour Rule | A. The transfer of harmful bacteria from one food to another. Harmful bacteria can also be transferred to food from another source, such as hands. | E. Cleanliness, keeping yourself clean. |
| 2. Personal Hygiene | B. Defrost foods in the refrigerator, microwave, or under running water. Never defrost food on the kitchen counter. | F. Perishable food should not be left at room temperature longer than two hours. |
| 3. Perishable Food | C. Keeping work areas free from dirt or bacteria. | G. Food that contains harmful bacteria. |
| 4. Cross-Contamination | D. Foods that can become unsafe or spoil quickly if not refrigerated or frozen | H. Cooking food to a safe internal temperature |
| 5. Contaminated Food | | I. Sickness caused by eating contaminated food, sometimes called food poisoning |
| 6. Danger Zone | | J. The range of temperatures at which most bacteria multiply rapidly—between 40° and 140°F. |
| 7. Foodborne Illness | | |
| 8. The Thaw Law | | |
| 9. Sanitation | | |
| 10. Thorough Cooking | | |

Answers: 1.F 2.E 3.D 4.A 5.G 6.J 7.I 8.B 9.C 10.H

—Taken from www.foodsafety.gov



The Water Cooler

**A place to hear about current events,
local news, and other issues ...**

Local Events

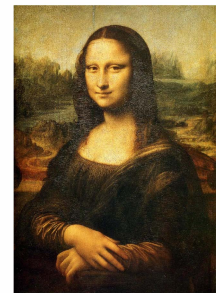
November 6—Wellness Group 10:30AM-11:30AM
The Wellness Group discusses healthy eating and exercise and how it impacts mental wellness. They serve adults with psychiatric disabilities and their families. For more information call 544-1913.

November 10—Taste of Home Cooking School 5:00PM
Taste of Home Cooking School is an evening packed with Entertainment, product sampling and great food ideas presented by The Modesto Bee and Save Mart Supermarkets. Price is \$12.00 and event is being held at Modesto Centre Plaza. For more information call 578-2296.



November 13—Grand Opening of The Village at Vintage Faire Mall 6:00PM
Join us as we celebrate the Grand Opening of the new Village at Vintage Faire Mall. For more information call 527-3403.

November 20—Downtown Modesto 3rd Thursday Art Walk 5:00PM-9:00PM
Each month, downtown Modesto art galleries, restaurants and retail shops display the work of local artists and provide refreshments and live music for visitors of the Art Walk. This free event attracts hundreds! For more information call 529-9303



December 5 — Friends of Hospice Holiday Tree Lighting 6:00PM
Join Community Hospice in front of Memorial Medical Center, corner of Briggsmore and Coffee Road in Modesto.

December 6—Modesto Ballroom Dance Club 8:00PM-11:00PM
At the Senior Citizens Center of Modesto, located at 211 Bodem St , a variety of Ballroom Dance music. Going on every 1st Saturday and 3rd Friday of most months. Dance Instructions available for an extra \$1.00 from 6:45PM-7:45PM. Cost is \$10 for non-member admission. For more information email modestoballroomclub@gmail.com or call 634-8986.



Turkey Roll Ups



6 flour tortillas
3/4 cup of sour cream
1d/2 cup diced cooked turkey
1 cup shredded cheese
1 cup shredded lettuce
1/2 cup chopped olives

This is a forgiving recipe. You can add more of one thing and subtract some things. Spread 2 tablespoons of sour cream over each tortilla. Top with turkey, cheese, lettuce, olives, and salsa. Roll up each tortilla tightly; wrap in foil until chilled. Slice about a half an inch thick. Fantastic for a quick bite on the go, or for potlucks!



Reminder!
Daylight Saving time
ends on November 2nd!
Turn clocks BACK that
weekend.

Support Groups

All group meetings are open to the public. Call for further information.

ALZHEIMER'S CAREGIVER SUPPORT—A self-help group for caregivers of people with Alzheimer's or Dementia. Meets 9:30 a.m. the fourth Thursdays at DMC Foundation, 730 McHenry Ave., Modesto. Contact Miller's Place at 521-0507

CAREGIVER SUPPORT GROUP—A support group for caregivers for family members that have ALS, Alzheimer's, Parkinson's, stroke or any physical brain impairment. Meets at 10a.m. the fourth Saturday at Valley Caregiver Resource Center, 1031 McHenry Ave., Suite 4, Modesto. For more information contact Karleen at 521-1794

DISABILITY SUPPORT GROUP—A support group for all disabilities (since birth or recently disabled). Share common experiences and learn about useful community services. First Thursday of month, 3e5 pm, 221 McHenry Ave., Modesto. Contact Alexandra 521-7260 www.drail.org

GENERAL GRIEF SUPPORT—For adults grieving the death of their parent, sibling, significant other, or friend. Interpreters are available. For information call 578-6378 Community Hospice 4368 Spyres Way., Modesto www.hospiceheart.org

SENIOR SUPPORT GROUP—A veteran peer support and psycho-education group pertaining to issues of advancing age. This group includes a review of community resources. You must be a veteran to participate in this group. Please call first for times. Veterans Outpatient Clinic 1524 McHenry #450, Modesto. For information call 557-6212 or 557-6213



Questions Need Answers

Here are some common issues IHSS participants need help with, and the person who can help:

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 want insurance information..... Link2Care
 I have a friend who needs IHSS..... IHSS Intake
 I need a CPR class.....Link2Care
 My paycheck is wrong, or I don't understand my deductions.....Payroll or SSA
 I need a hire packet.....Have Recipient request one from their Social Worker or SSA

Recipient Issues:

I hired someone new and need the paperworkSSA or Social Worker(SW)
 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..... SSA or SW
 I have a friend who needs IHSS..... IHSS Intake

Link2Care: 558-4787
 Payroll: 558-3976
 IHSS Intake: 558-2637

Call 558-3976 to find out who your Social Worker (SW) Social Services Assistants (SSA) is.

! Cut out and save the above for easy reference! !



PO Box 42
 Modesto, CA 95353