



Link2Care

Spring 2008

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



Direct Deposit Coming Soon!

Direct Deposit for In-Home Supportive Services (IHSS) Providers starts on May 1, 2008. IHSS Providers will begin receiving information in the mail from the State Department of Social Services informing them about direct deposit and how to sign up for this great service.

Direct deposit is an alternative to receiving a paper paycheck (payroll warrant) by mail. With direct deposit your paycheck is electronically transferred from the State directly into your check or savings account.

**Look for information
to arrive in the mail
sometime in March**

There are two main advantages of direct deposit; first your paycheck is electronically transferred into your account, therefore it can't be lost in the mail or stolen from your mailbox. Second, you get the

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Should Dad be Driving?

Balancing safety with respect for an individual's desire to drive can be difficult and emotionally trying. Many people associate driving with self-reliance and freedom; the loss of driving privileges is likely to be upsetting. So how do you know when it's time?

There are many factors that may impair driving ability. Loss of sight, memory loss, visual-spatial disorientation, and poor night vision can be gradual conditions that occur as we age. Since these changes happen slowly, it can be difficult for the affected person to assess their own driving skills and stop when it is no longer safe.

Changes in a person's behavior will be most noticeable to family and friends who have closely interacted with the individual over time. If you suspect Dad may no longer be safe on the road, here are some signs to look for:

- Drives too slowly
- Stops in traffic for no reason or ignores traffic signs
- Becomes lost on familiar routes
- Has difficulty with turns, lane changes or highway exits
- Signals incorrectly or not at all
- Has difficulty seeing pedestrians, objects or other vehicles
- Parks inappropriately.
- Is increasingly nervous or irritated when driving
- Has accidents, near misses or "fender benders"

It is important to compare current behavior to prior behavior, before the onset of illness. For example, if Mom didn't use her turn signal in her thirties, not using it now doesn't indicate unsafe

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Message from the Director

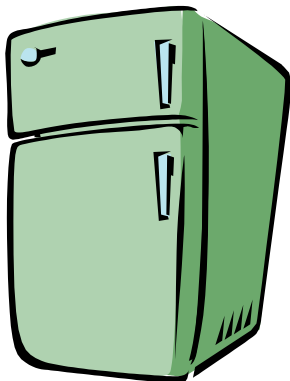
I hope everyone had a wonderful holiday season. The holidays bring much joy, getting together with friends and family to celebrate and then the prospect of a new year full of hope and promise. This year did not start out that way, with the downturn in the economy, the sub-prime mortgage crises and falling property values all putting a damper on the start of the New Year. As you may have heard, this year has also been rather difficult for the State fiscally and there will have to be some hard decisions made to solve the State's budget crisis. It is estimated that the State budget deficit is at \$14.5 billion dollars.

To address the budget shortfall, the Governor has proposed to cut IHSS hours for domestic and related (housekeeping, shopping, meal preparation) tasks 18% across the board. The California Association of Public Authorities (CAPA) opposes these cuts and our members have testified before the Legislature to oppose the plan. We know how important the IHSS Program is, how it helps you, the Consumer, remain safely in your home and how you, the Provider, depend on this income to keep your family going.

On a more positive note I want to thank each of you who participated in the annual IHSS Advisory Committee survey. The surveys have been pouring in and we are now in the tabulation phase. The results of the survey will be published in the 2008 IHSS Advisory Committee's Report to the Community. A copy will be mailed to all IHSS Consumers and Providers as well as being available on the IHSS Advisory Committee's website at www.stancounty/IHSS.com.

Jeffrey M. Lambaren
Executive Director

Free Refrigerators



You may qualify for a free refrigerator if you:

- Are a PG&E Electric Customer
- Own/use a refrigerator that is 15 years or older
- Meet the income eligibility requirements
- Reside in Madera, Mariposa, Merced or Stanislaus County

For more information call one of the following offices:

CVOC Winton - (209) 357-0062

CVOC Madera - (559) 662-4574

CVOC Ceres - (209) 537-9217

Dad's Driving (cont.)

driving. If Mom was always reminding you to use your signal however, it might be time for an independent driving evaluation.

A person often adjusts better to driving restrictions when he or she is involved in discussions and decisions about when to stop driving. Some individuals are aware of their difficulty and are relieved when others encourage them to stop and offer alternative means of transport. Many however, will see it as a loss of independence. If the individual is reluctant to talk about driving, ask their physician or care manager to bring up the subject during health care visits.

If you and Dad can't agree on whether he should stop driving, consider a driving evaluation through the DMV. Completing form DS 699 will allow the DMV to schedule a re-evaluation. You must tell the DMV your name, but they will keep it confidential at your request.

If the re-evaluation shows Mom is still OK to drive, continue to monitor her driving behavior. For more tips and information on deciding when to stop and helping a person cope with the loss of driving privileges, visit www.caregiver.org.

This article used excerpts from www.caregiver.org. See Fact Sheets & Publications -> Fact Sheets -> Legal Issues -> Dementia & Driving

MID and TID "CARE" S

The CARE Program (Community Alternative Rates for Electric Service) is available through both MID and TID. This program will give you a discount on your electric service bill for up to one year, at which time you can renew if you continue to meet the eligibility requirements.

MODESTO IRRIGATION DISTRICT CARE PROGRAM:

The Modesto Irrigation District offers a 22% discount to low income families through their MID Cares program. The income guidelines have been updated for 2008, and were increased to include families whose annual incomes are less than \$21,220 for a single individual, up to \$32,008 for a family of four. For households with more than four persons, income guidelines are even higher.

If you think your family may qualify, you can contact MID at 526-7373 for an application. You can also bring a current MID bill and a copy of *current* proof of income for *one full month* for everyone in your family to the MID offices located at 1231 11th Street in Modesto.

TURLOCK IRRIGATION DISTRICT CARE PROGRAM:

Turlock Irrigation District has a similar program available, but the application requirements differ slightly. Income requirements for TID start at \$20,535 or less for a single individual and go up to \$30,975 for a family of four. For larger families, the income threshold increases. To apply, you need to bring proof of current income for all family members, as well as identification for all adult family members. In addition, you will need to complete a TID application.

For fastest processing, complete your application at the TID office located at 333 East Canal Drive in Turlock. If leaving your home is difficult for you, you can still receive assistance. TID has partnered with the Salvation Army to help you complete an application. Call the Salvation Army at 669-5366, and they will come to your home to help complete the forms and gather the materials.



Caregiver's Corner

Ahhh... the sounds, smells and SUNSHINE of Spring!



Spring is a time of re-growth. Sometimes it's hard to recognize the rut we've gotten ourselves into, and we need a boost to review and revitalize our lives. This quarter, Caregiver's Corner is focused on the family aspects that come with caregiving. You may be caught between aging parents and children still at home. You may have a hard time not "caregiving" everyone you meet.

Taking on the responsibilities of helping another individual can dramatically change your personal life, professional life, and even your outlook on life! Our hope is that these articles inspire you to realize you are not alone, and give you some helpful tips and insight on how to continue coping with the changes that you experience each day.

Confessions of a Recovering Caregiver

By Daphne Simpkins

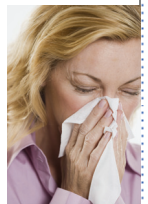
Since my three-year stint as my father's caregiver, I wrestle with socially unacceptable urges to comfort, feed, and water just about anybody.

I do not have to know you personally to offer you a cough drop when you choke. I say "Bless you" before you finish sneezing, and my right hand will automatically fidget for an aloe-enriched, bacteria-killing tissue.

After your third sneeze, I will tell you the names of cold products you need, although these medicines are not what I think truly promote healing. Sick people need to go to bed and rest and drink plenty of fluids and be waited on by people like me.

I am ready to do that. I am a recovering caregiver always on the lookout for someone who needs caregiving me. And I know that my attentions mostly wear on people's nerves.

My teenage niece is tired of hearing me say, "Button up. Buckle up. Wash your hands." Sometimes I tire of hearing myself, but I cannot stop. It is cold outside, accidents do happen, and illness-bearing germs should be washed away.



This type of other-oriented watchful vigilance is not confined to only matters of wellness. Recently stuck in a bad traffic jam on the interstate, I opened my car trunk where I store some caregiving supplies and walked up and down the asphalt giving away free bottles of water to other stuck drivers. It was a very satisfying experience—so many thirsty people, and me with so much water.



That caregiver urge!—I overflow with it.

On an idling airport shuttle bus the other day, the driver asked the already seated passengers if we would be responsible to not let another person on if he left the doors open so we could have fresh air.

Other passengers nodded politely. I got excited, for no one believes in the benefits of fresh air more than a recovering caregiver. I watched hard. Two people got on. I asked the lady beside me, "What are we supposed to do now?"

(Continued on page 9)

Mary called to report that her Recipient had a stroke, was hospitalized and was unable to sign her timesheet. She was feeling bad for her Recipient, but she also needed to get paid. I advised her to send her timesheet to payroll as she always does but to attach a note explaining why it was not signed by the Recipient. That timesheet would then be forwarded to the Social Worker to review for approval. I asked Mary if she had kept track of her days and hours worked. She had kept track, but on the Recipient's calendar. It was an excellent idea to record days and hours worked on the Recipient's calendar, but now that was unavailable to her. I told her that it was a good idea for her to keep a pocket notebook with a copy of the days and hours she worked in addition to signing in and out on the Recipient's calendar. In the meantime, Mary was able to contact the Recipient's daughter who lived next door to her mom. She retrieved the information for Mary. Mary agreed from now on she would keep her own records in addition to those on the Recipient's calendar. Good idea. My advice to our caregivers: taking care of business now can save you later.

Maria Osuna-Baldwin,
Registry Specialist



"Sandwiched" In

Your parents are aging and need your help, and your children are not yet independent. You are a member of the "Sandwich Generation," caught between the needs of your parents and those of your children.

Should you check in on your mother who isn't feeling well, or attend your daughter's recital? Do you pick your son up from school, or take your father to his doctor's appointment? You are torn, guilt ridden, and just plain tired. You also have a child who feels abandoned and resentful.

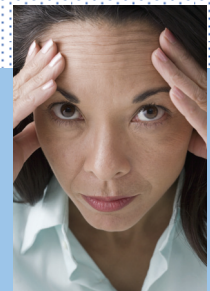
How can you prevent your children from getting lost in all the commotion of caregiving? First, be honest about your situation. Tell them what is happening, what you are feeling, and why you don't have much time for them. Encourage questions and answer them directly. Take time to listen to their concerns without minimizing or trivializing them.

Find ways to let your children know they are wanted and important. Set aside time just for them. Make a date to take your teenager to lunch. Take your younger child along to run errands, making sure to make a special stop at the park or toy store just for her. If he shows an interest in helping, give him a job. Even a very young child can bring Grandma her afghan and be rewarded with a thank you and a sense of doing something important and helpful. An older child can read to Grandfather, or help him locate his missing eyeglasses.

It may be crucial to allow your child to refuse to help as well. It is important to teach and model responsible and caring behavior toward other family members, but it is also essential to respect a young person's decisions of how and when they can help. Adolescents, especially, may be uncomfortable with their own feelings of sadness and grief over the changes in a beloved grandparent. Others may be embarrassed by some of the physical aspects of a family member's care. A small child may be frightened by her Grandmother's agitated pacing and calls for help.

If the demands of caring for an elder parent who is ill or has dementia are causing you to feel overwhelmed and resentful, your family members will feel the effects as well. It may be time to call a family meeting of your immediate family. Allow each person to talk about their feelings without being judged. Work together to find ways to share tasks and responsibilities. If there are conflicts and unresolved problems, a family counselor can be helpful.

Used with permission of Family Caregiver Alliance. For more information, visit www.caregiver.org or call (415) 434-3388.



Direct Deposit (cont.)

(Continued from page 1)

money sooner; it is deposited directly into your account so you do not have to wait for your check to arrive in the mail and then take it to the bank to cash.

There is a third advantage for some. If you don't have a bank account and rely on check cashing services you can save fees if you start an account at a bank or credit union and then sign up for direct deposit.

In April, the United Domestic Workers of America and Link2Care are partnering with local financial institutions to offer you the ability to start a checking or savings account and sign up for direct deposit. Please call our office at 558-4787 to inquire about this exciting opportunity; we will have multiple dates available.

Spotlight on a Caregiver:

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

Written by: Maria Osuna-Baldwin

The extra mile...

More than a paycheck, caring is at the heart

Emma Jacobs was new to care giving. Her previous experience was raising six children and going over to her parents home to prepare a meal and do some occasional housework for them. She started working for a new Recipient on the 28th of the month, and although there were still four days left in the month, the Recipient had only two hours left. Emma called me to report that she would be working free for the Recipient for the rest of the month because she could not leave her without any help. She described the Recipient as very thin and frail with severe arthritis. She walked with a four-square walker and could not cook for herself. She could not use a can opener, so she could only open cans with a flip top. The only food she could prepare was whatever she could heat up in the microwave. Emma brought her Recipient food from home, and because of her concern for the Recipient's condition, I put her in touch with the Social Worker. Every now and then I get a caregiver that leaves a lasting impression. Emma Jacobs is one of those. She is giving of her time and she gave from her heart. Thank you, Emma for making the Registry proud! If you are looking to hire Emma, she is between jobs right now, but that won't last long!



Is your Caregiver Exceptional? Let us know what a great provider you have!

Does a family member care for you, and you don't always express your full appreciation? Maybe you met through the registry, and you don't know how you got along without them!

Call 558-4787 to feature your caregiver in the next issue of Link2Care!

Didn't get your W-2 Tax Form?

If you have not received your W-2, call payroll as soon as possible to make sure your information has been updated.

It can take the State 4 to 8 weeks to process duplicate requests for W-2's.

When calling, keep this in mind:

- W-2's CANNOT be picked up by Providers, since the county does not distribute these.
- W-2's that were undeliverable due to incorrect addresses are received in Stanislaus County from the US Postal Service around the second week in February. IHSS Payroll will mail the W-2's to the Caregiver if a new address has been provided.
- Once you receive your W-2's look over the information for accuracy. If you find errors, contact your SSC or IHSS Payroll for a Corrected W-2 as soon as possible!

If W-2's need to be replaced due to being lost or destroyed call payroll as soon as possible. Requests for duplicates will be sent to the State immediately, but can take 4 to 8 weeks to reach you.

Contact IHSS Payroll by calling **558-3976**, Monday - Friday, from 8:30am-4:30pm.

Registry Caregiver Class Schedules

Link2Care offers orientation classes for anyone wishing to work for additional recipients on the IHSS program. At the orientation class, you complete an application and learn about the background check, training and fingerprinting requirements. There is no charge for these classes.

Recently, Link2Care has begun to accept applications on an "as needed" basis. This means that we will not have orientations every month. If you are interested in working for the registry, you can call the office at 558-4787 to see if we are currently accepting applications.

Due to the high number of providers on the registry, providers were not being referred for jobs frequently enough to maintain employment with IHSS. By limiting the number of applications, this helps us to retain quality, trained providers and refer those who have completed the training process more frequently. As providers are hired and no longer need to be referred for work, we will begin accepting applications again to replenish the registry.

Link2Care offers FREE CPR classes for IHSS Providers once per quarter.

These classes are not limited to registry participants, but are open to all IHSS Providers. CPR classes for 2008 have been scheduled for:

Friday, February 29th

Saturday, May 10th

Friday, August 22nd

Saturday, October 18th (Spanish Class)

Please call Link2Care at 558-4787 if you would like to registry for a community CPR course!

Medical Equipment Available

By Carole McFarlane, Director of Operations for The Society for Handicapped Children and Adults

The Society for Handicapped Children and Adults maintains a loan closet of adaptive equipment such as wheelchairs, bedside commodes, walkers, crutches, slide boards and shower chairs. This free service is available to anyone who may need these items. Often times an individual is experiencing a temporary disability from an accident and cannot afford to purchase the items or insurance does not cover the needed equipment. In addition, the loan closet is a life saver for the individual that has a permanent disability and insurance is slow to respond. In both cases, the individual needs the adaptive equipment and the loan closet will fill those needs.



There is never any charge for this equipment, and we simply ask clients to return items when they are no longer needed. Most of the Loan Closet equipment is donated. When donated equipment arrives, it receives a thorough inspection, cleaning and repair. The Society purchases parts to ensure that all equipment is in good working order. We are assisted by the outstanding work of volunteers who come weekly to inspect, repair and clean donations. If you or someone you know needs adaptive equipment for a short amount of time, please call us at 209-524-3536 to see if we have the equipment you need.

Equipment donations can be made by dropping off the equipment at 1129 8th Street, Suite 101 in Modesto. If you can't drop the equipment off, call our office at 524-3536 and we can arrange to pick the equipment up. Our greatest need is wheelchairs. Please help us to give the gift of mobility to those who need it most!

More About Our Partner...

The Society does much more than loan medical equipment. They offer free sign language classes, offer the "Skiing Unlimited" program for physically challenged children and adults, organize an annual "Bike Camp" for physically disabled children, and much more!

"The Society for Handicapped Children and Adults is dedicated to improving the quality of life and self-sufficiency of physically challenged children and adults in Stanislaus County."

The Society was founded in 1947 as the "Stanislaus County Society for Crippled Children and Adults, Inc." Through several name revisions, they have remained an independent, locally supported organization providing services and programs designed to enhance the quality of life for physically-challenged individuals of all ages and all disabilities who reside in Stanislaus County. Over the past 60 years, funding and support came from private sources, which have enabled us to provide a wide variety of programs and services.

Find out more about the Society by calling 524-3536, or visiting their website at www.societyforhandicapped.org.

Confessions of a Caregiver

(Continued from page 4)

"It's not our job to guard that door," she said, shrugging. My jaw dropped. I was envious of that shrug for I have lost track of the boundaries of socially acceptable helpfulness, and I know it. I am labeled by others as codependent, hypervigilant, and addicted—one of those suckers born every minute.

But I wasn't born in a minute. My condition evolved over time while I handled medical emergencies for a dying man and forgot who I was, except as a caregiver. I have emerged from that experience in hyper-helpful mode. I watch. I warn. I offer. I am a recovering caregiver and there's no twelve-step program to rehabilitate me.



But you could. And you could help others like me or who may become like me. First, you have to see caregivers. They live and move among you, but are very adept at being invisible.

To find one, simply look beside a person suffering from age-related disorders or a debilitating disease. Beside a chronic patient is a barely alive, almost invisible caregiver. See that caregiver? Speak to him. To her. Speak these words slowly: "How are you?"

If she replies, "Fine," smile reassuringly. Send fresh fruit to her house anyway. Or maybe a fresh flower. Drop off fresh milk. Fresh bread. Her life is mostly stale, and she can't easily drive to a store for fresh stuff. You get the idea.



Does it seem like a small idea and, therefore, unnecessary? Think again.

Any gesture or gift of care for a current caregiver who has forgotten her own needs will become a potent memory that will surface later, like medicine from a dissolving gel capsule that releases a healing dose of self-recognition and the restorative message: It's okay to accept help rather than only give it.

But don't over-react. If a recovering caregiver you know is already loose and roaming around compulsively offering Band-aids, water, cough drops, and tissues, don't resist them. Instead, simply accept everything a former caregiver offers, and say, "Thank you!" Caregivers haven't heard those words in ages.

Rather than feed an addiction for approval, which some experts warn is what makes caregivers who they are, that expression of simple courtesy will help a caregiver exhale and finally say to someone, "You're so very welcome."

The job is done then. See? She is finished. He can let go. Say good-bye.

I know. Every time I say those words, I say good-bye to my old caregiver self and breathe hello to the people who live in the world where I can imagine being on a shuttle bus sitting near a just-about-to-sneeze, almost-gonna-cough, possibly thirsty person, and—oh, bliss—simply shrug.

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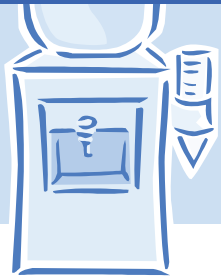
Remember!

**March 9th is Daylight Saving time again.
Turn clocks forward one hour that weekend.**

The Water Cooler

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

Local Events



Stockton Asparagus Festival is coming April 25-27

The Stockton Asparagus Festival is a three-day, multi-faceted event which includes food and entertainment in honor of San Joaquin County's most prestigious vegetable. The festival features two performing stages, exhibits by more than 70 food purveyors and 100 specialty merchandise vendors, and a fabulous celebrity chef cooking demonstration. Held in Downtown Stockton on April 25-27, this is an event you won't want to miss!

May is Older Americans Month!

Stanislaus County is Celebrating Older Americans Month with a multitude of activities! Seniors and their caregivers are encouraged to join in the fun events happening throughout the month.

May 17th - A Walk in The Park

Modesto Catholic Charities and the Ombudsman Program will be sponsoring "A Walk in the Park" at 401 Needham St. in Modesto from 9am-1pm to highlight agencies and programs that are available to assist seniors from throughout Stanislaus County. Especially welcome will be seniors and caregivers from the various ethnic groups that contribute to the wonderful diversity of the county. For information call Pat Fantazia at 529-3784.

May 23rd - Community and Senior Center Awareness Day

The Modesto Parks & Recreation Department will host this day of fun, demonstrations, and opportunities to meet other senior citizens. The day will include events at both the King Kennedy Center from 9-11:30am and the Modesto Senior Center from 11:30-2pm, and lots of "give-aways". For information, call Shannon Parker at 491-5944.

May 24th - Turlock Senior Information Day

The Turlock Stanislaus Elder Abuse Prevention Alliance (SEAPA) Forum will hold an Information Day at the Turlock Senior Citizens Center from 9am to noon. This free event will feature a complimentary brunch, information tables, music and prizes for everyone. For information, call Tammy Menezes at 529-3784.

May 30th - YMCA Health and Fitness Day

The YMCA will hold its annual Health and Fitness Day from 8:30-12:30 at the Floyd & McHenry YMCA. The free events include a 1-mile walk, a senior self-defense workshop, and plenty of community information booths. A special T-shirt for the event is \$6. The public is welcome to tour the YMCA facility. For more information, please call 578-9622.

Crabby Old Man

When an old man died in the geriatric ward of a small hospital near Tampa, Florida, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. And this little old man, with nothing left to give to the world, is now the author of this "anonymous" poem winging across the Internet.

Crabby Old Man

What do you see nurses? What do you see?
What are you thinking when you're looking at me?
A crabby old man, not very wise,
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply.
When you say in a loud voice "I do wish you'd try!"
Who seems not to notice the things that you do.
And forever is losing a sock or shoe?

Who, resisting or not lets you do as you will,
With bathing and feeding the long day to fill?
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse you're not looking at me.

I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten with a father and mother,
Brothers and sisters who love one another.

A young boy of sixteen with wings on his feet
Dreaming that soon now a lover he'll meet.
A groom soon at twenty my heart gives a leap,
Remembering, the vows that I promised to keep.

At twenty-five, now I have young of my own.

Who need me to guide and a secure happy home.
A man of thirty my young now grown fast,
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,
But my woman's beside me to see I don't mourn.
At fifty, once more, babies play 'round my knee,
Again, we know children my loved one and me.

Dark days are upon me my wife is now dead.
I look at the future I shudder with dread.
For my young are all rearing young of their own.
And I think of the years and the love that I've known.

I'm now an old man and nature is cruel.
Tis jest to make old age look like a fool.
The body, it crumbles grace and vigor, depart.
There is now a stone where I once had a heart.

But inside this old carcass a young guy still dwells,
And now and again my battered heart swells
I remember the joys I remember the pain.
And I'm loving and living life over again.

I think of the years all too few gone too fast.
And accept the stark fact that nothing can last.
So open your eyes, people open and see..
Not a crabby old man. Look closer see ME!!

Peanut Butter Oatmeal Cookies

1-1/2 c. peanut butter
1/2 c. butter, softened
1 c. sugar or Splenda
1 c. brown sugar
3 eggs
1 tsp. vanilla
4-1/2 c. quick cooking oatmeal
2 tsp. baking soda
1 c. mini semi-sweet chocolate chips
3/4 c. peanut butter chips



Cream peanut butter, butter and sugars together. Add eggs one at a time beating well after each addition. Beat in vanilla. Combine oatmeal and baking soda; gradually add to creamed mixture. Stir in chocolate chips. Drop by heaping tablespoon onto ungreased baking sheets. Bake at 350 degrees for 12-14 minutes or until edges are browned. Remove to wire racks.

Nutrition Facts:

1 cookie equals - 76 calories, 4 g fat, 9 mg cholesterol, 53 mg sodium, 9 g carbs, 1 g fiber, 2 g protein.

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..... SSC
- My check is late.....Payroll
- I need a new recipient..... Link2Care
- I was injured while working for IHSS..... SSC
- 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 SSC
- I need a hire packet.....Have Recipient request one from their Social Worker or SSC

Recipient Issues:

- I hired someone new and need the paperworkSSC 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..... SSC or SW
- I have a friend who needs IHSS..... IHSS Intake

Link2Care: 558-4787	Call 558-3976 to find out who your Social Worker (SW) Supportive Services Coordinator (SSC) is.
Payroll: 558-3976	
IHSS Intake: 558-2637	

Cut out and save the above for easy reference!



PO Box 42
Modesto, CA 95353