



Partners in Independence

A Newsletter for IHSS Consumers and Providers

May 2009

Warm Weather Greetings from the Executive Director

Dear Friends,

As soon as the crocuses, daffodils and tulips bloom, I start thinking about what I want to have in my garden for Summer. The economy and a desire to have fresh vegetables have many of us planning to get our hands dirty and grow our own.

Even with limited space, tomatoes can grow in hanging baskets, while flower boxes are perfect for salad greens and herbs. Of course, zucchini tends to grow as quickly as it's picked and is wonderful in stir-fry, bread, or as raw "fingers" on a veggie tray. If you have a favorite way to prepare your Summer vegetables, send it to the Public Authority at 466 Brunswick Road, Grass Valley CA 95945. We'll publish them for all to share.

New Grass Valley Office: The Public Authority's Grass Valley office is now at 466 Brunswick Road, at the corner of Old Tunnel Road. Look for the IHSS Public Authority sign next to Bank of the West and California Land Title. While you're here, feel free to browse at our Dial 211 kiosk and information bulletin boards.



Nevada County Timesheets: In Nevada County only, Providers who wish to drop off their timesheets can do so at the drop box located outside of our new office. There is a **New Helpline Number** for timesheet questions as well. **The number is (530) 274-5603.**

Public Authority plans for the Spring include the 4th annual **Nevada County Consumer-Provider Event** at the Elks Lodge in Nevada City. This

year the event includes information on the **State Budget, Skills for Speaking Up for Yourself**, and a **Panel of Social Services Staff** to answer your IHSS questions and **Energy Saving Tips** from **PG&E**. Lunch is provided, as well as free **Blood Pressure Checks** and loads of good information on a variety of topics. If you haven't attended in the past, please call (530) 274-5601 to learn more about this free event.

A **training day** this Summer for Consumers and Providers in **Plumas County** is being planned by the Plumas County IHSS Advisory Council. Details will be announced as Summer gets underway.

Feather River College in Quincy is gearing up to offer classes in caregiving this Fall. Interested persons should be prepared to commit to a full semester of classes. This is excellent training for the IHSS program and consists of several hours of training each week for 12 weeks. Personal Care, Nutrition and Caregiver Stress are a few of the areas that will be covered. Providers who participate in this training will greatly enhance their skills and employability. Call Annie Melugin at (530) 283-6052 for more information.

Warm wishes for a lovely Spring,



What's New at the Public Authority

If you haven't stopped by the Grass Valley Public Authority office lately you probably don't have your FREE 2009 Calendar and Pocket Planner. These are provided at the beginning of each year by the Public Authority for IHSS Consumers and Providers to help keep track of appointments, hours worked and other important events. While you are here, don't forget to check out our Dial 211 desk that offers access to information on programs and services throughout the region. We welcome you to try it out for yourself and see what information it has to offer you.



Inside This Issue

- Welcome Tim! 2
- How to Identify a Trained Provider 2
- Upcoming Programs 2
- Emails! 2
- Message from the Governing Board ... 3
- Plumas County Update 3
- Pet Care Resources 4
- Important Phone Numbers 4
- Consumer-Provider Event 4
- Customer Satisfaction Surveys 4
- Extreme Heat Guide 5-6
- Control Your Diabetes 6-7

Welcome Tim!

As a native of Nevada City it has always been my dream to make a positive change in my community. With a background in corporate finance and renewable energies I understand the difficulty and importance of change in our world. As the new Registry Manager for the Public Authority I am now provided that opportunity. Working with the Public Authority gives me the chance to empower, advocate for, and educate those who need it most. On my time off I am pursuing a Ph.D. in Psychology with an emphasis in Cultural Leadership. It is my belief that

bringing awareness to sensitive cultural issues is imperative to foster authentic leadership both as an employee and a neighbor. Finally, I would like to thank everyone at the Public Authority for being so kind and helpful during my period of transition. In a time that is chaotic and stressful the entire staff has gone out of their way to teach me as much as possible. I feel honored to be a part of this team. In the future I hope to impact those whom I encounter as much as this staff has impacted me.

— *Tim Giuliani*



How To Identify a Trained Provider

By Tim Giuliani, *Registry Manager*

We realize how important it is to receive great In-home supportive services. That is why the Nevada-Sierra Regional IHSS Public Authority is dedicated to training the best Provider Registry as possible and, as a result, we continue to provide ongoing training opportunities which include CPR/First Aid, Lifting and Transferring Safely, Nutrition and Diabetes Overview, and Effective Housekeeping and Universal Precautions, and much more to come. As a Registry Consumer you can identify that a Provider has completed any one of these courses by locating their certifications and courses completed directly next to their names on all referral letters sent by the Public Authority. If there is nothing next to their names, it means that they have not completed additional courses. In addition, we will be posting the names of all Providers who attend a training course on the bulletin board located in our lobby. This is an excellent tool for you to use to make your hiring decision easier and to find the most experienced Providers possible. Please take advantage! If have you have any questions please call us at (530) 274-5601.

Upcoming Programs:

Peer Groups:

The Nevada-Sierra Regional IHSS Public Authority is excited to announce the formation of a Consumer Peer Group for all IHSS Consumers. Beginning early this summer, the peer group will be a collaboration between the Public Authority and FREED Center for Independent Living. Our vision is to provide a place where you, the IHSS Consumer, can come and discuss issues that affect your life. We hope that this program will help you make new connections, gain up-to-date information, and share your thoughts with others. The content of the program will be designed by you. Peer Group meetings will be held at the Nevada-Sierra Regional IHSS Public Authority office. We would love for you to come and contribute to this unique program. If you have any questions, or are interested in joining the group, please call Tim Giuliani, at (530) 274-5601.

We look forward to seeing you there.

IHSS Advocacy Video Project:

Take part in our IHSS Advocacy Video Project and make your voice heard!

We are creating short videos of Consumers telling their IHSS stories. Our goal is to put names and faces to the IHSS program and to show decision-makers and the general public how the program affects real people on a daily basis. These videos will be edited and posted on the Internet, sent to lawmakers, broadcast on television, or used in any other way that will get your message out to the general public. If you would like to take part in this important advocacy campaign, please contact Tim Giuliani at (530) 274-5601 and schedule a time to tell your story!



Emails!!!

The Public Authority is moving into the 21st century! In order to provide our Consumers and Providers with the most up-to-date information (and save a few trees), we have begun gathering Consumer and Provider email addresses. We'll use email to keep you posted on a variety of topics, including upcoming trainings and events, State budget news, and more. If you are interested in receiving email updates, call the Public Authority (or email us at info@ns-pa.org) today and give us your email address. If you don't have an email address, but are interested in opening a free email account, let us know. We'd be happy to get you started.

Public Authority Staff

Executive Director:

Ann Guerra

Registry Manager:

Tim Giuliani

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Tammy Baxter

Leslie Kerns

Plumas & Sierra Co. Registry Specialist:

Annie Melugin

Administrative Assistant:

Sarah Cranston

Registry Support Technician:

Heather Heckler

Message from the Governing Board Chair:

The Nevada-Sierra IHSS Governing Board greatly appreciates the Registry Providers for their commitment to the program and to their Consumers. You are the heroes among us, providing a vital service to people with disabilities to remain safely in their homes.

“Advocacy and creative thinking are necessary to solve the challenges ahead of us. Step up!”

As the State continues to be in a state of economic crisis, potential impacts on the IHSS program are of deep concern to the Public Authority, and we encourage everyone to get involved. For ideas on how you can advocate for the IHSS program, contact us at (530) 274-5601 or, FREED Center for Independent Living, at (530) 265-4444.

Stay abreast of the state budget situation at:
www.ihscalifornia.org/budget.html.

Are you interested in joining a dynamic board? The Governing Board consists of a majority of IHSS Consumers and skilled community leaders. We currently have three (3) openings and encourage you to apply. We meet monthly on Friday afternoons, and time commitments vary depending on how involved you choose to be. A stipend is available for board members. Advocacy and creative thinking are necessary to solve the challenges ahead of us. Step up!



Pumas County Update *by Annie Melugin*

What a beautiful spring we have had so far here in Plumas and Sierra Counties! Summer is creeping up on us and we're all anxious to have a few months of warm weather! Here in the northern parts of California we are privileged to have all four seasons, which creates an ever changing array of country and mountain scenes. Each season, though, also comes with its own downsides which require some advanced preparation on our part as these seasons come upon us.

The winter months are a cause for caution in regards to road conditions and being snowed in or out of our homes. The summer months, on the

“So this summer, enjoy the sun and all its benefits safely and if your are ever concerned about how much and when to get your sun exposure, ask your primary treating physician.”

other hand, always remind us of the threat of wildfires. This past summer of 2008 several of the Canyons, including Hwy 70 and Hwy 32 were closed for lengthy periods due to wildfires, not to mention the tragic fire just 80 miles or so South/West of us taking out parts of Chico, Paradise and Concow. We all sincerely hope that the natural occurrence of wild fires (although sometimes caused by human error or arson) doesn't harm our loved ones. It is a process that rejuvenates our forest land and is a necessary earthly cycle for man, wildlife and land. Another threat these fires bring to the forefront is that when the ground cover is burned the mountain sides are weakened, so heavy winter rains can cause mud and rock slides which we are well aware of here in Plumas County. These conditions had Hwy 70 closed for parts of this past winter and kept Cal Trans on their toes quickly removing debris and repairing the roads.

In the upcoming summer months we are all looking forward to getting a little sun. Many reports show the benefits of sun and we are all aware of

the natural anti-depressant the sun can be for those of us that spend a majority of our time indoors. Many doctors will recommend moderate sun exposure for babies with Jaundice. Studies have also shown that moderate sun may promote bone health and may reverse (SAD) Seasonal Affective Disorder which is suffered by those lacking regular sun exposure.

Professionals suggest that the key to safe sun exposure lies in the period

of time you are exposed, the UVA wavelength levels and the use of protective sun block. Because we cannot gauge UVA wavelengths at any given time most doctors highly recommend protecting your skin with sun block any time you have even a small amount of sun exposure. In regards to the period of time spent in the sun, a good rule to live by is to get a very small amount of sun exposure on a regular basis. By spending too much time in the sun and allowing the UVA rays to deeply penetrate your skin you risk harmful skin damage that could later be related to the cause of skin cancer. Studies have shown that limited exposure to the sun on a daily basis while using sun block can benefit you in many ways, not to mention your overall well-being and happiness. So this summer, enjoy the sun and all its benefits safely and if ever concerned about how much and when to get your sun exposure, ask your primary treating physician.



Save the Date

On May 20, 2009 the Nevada-Sierra Regional IHSS Public Authority will be hosting the **4th Annual Nevada County Consumer-Provider Event at the Elks Lodge** in Nevada City. Come join our extended IHSS family with great food, great information, and a friendly environment. This year the event includes information on the State Budget, Self Advocacy Skills, a Panel of Social Services Staff to answer your IHSS questions and Energy Saving Tips from PG&E. A free Lunch will be provided, as well as free Blood Pressure checks and other great services and information. Please call (530) 274-5601 to R.S.V.P. or to learn more about this free event.

Pet Care Resources

Animal Save Thrift and Treasures

520 East Main Street, Suite A
Grass Valley, CA 95945
(530) 271-7071 Main - For Animal Programs and Business Office
(530) 271-1111 Main -Thrift Store
(530) 477-1706 Appointments - Low-Income/Low-Cost Mobile Spay & Neuter Clinic
web: www.animalsave.org



Overview: Provides financial assistance for spaying and neutering of companion animals; financial assistance for emergency veterinary care for pets of low-income individuals, and rescues strays and animals from the shelter and adopts them to the public. Future plans include a low income, mobile van spay and neuter clinic.

Sammie's Friends

128 High Street
Grass Valley, CA 95945
(530) 272-8833 Main
(530) 272-8173 Fax
web: www.sammiesfriends.org

Overview: To provide medical care for animals at the Nevada County Animal shelter and other disadvantaged animals in the community.

Resources for Pet Financial Aid

American Animal Hospital Association, www.aahahelpingpets.org
Feline Outreach, www.felineoutreach.org
IMOM, www.imom.org
Angels 4 Animals, www.angels4animals.org
Care Credit, www.carecredit.com
Cats in Crisis, www.catsin crisis.org
Feline Veterinary Emergency Assistance (FVEAP), www.fveap.org
Help-A-Pet, www.help-a-pet.org
Shakespeare Animal Fund, www.shakespeareanimalfund.org
Assistance Dog Special Allowance, www.cdss.ca.gov/cdssweb/PG82.htm

Consumer Satisfaction Surveys

We need your help! In order to improve the Public Authority's services, we need to know how Consumers feel about our work. Our new Consumer Satisfaction Survey gives Consumers a chance to weigh in on topics such as Registry referrals, trainings, customer service, and employer/employee relationships. We are very interested in what you have to say. Please take this opportunity to fill out your survey and drop it in the mail today. If you are a Consumer and have not yet received your Satisfaction Survey, please contact the Public Authority and we'll mail one out to you. Your views are important to us.

Important Phone Numbers



Public Authority for In-Home Supportive Services (IHSS)

Public Authority for IHSS Nevada County 530-274-5601
Public Authority for IHSS Plumas County 530-283-6052

IHSS/County Numbers

Nevada County IHSS Payroll
(Timesheets & Paychecks) 530-274-5603
Nevada County Dept. of Social Services 530-265-1639
Plumas County Dept. of Social Services 530-283-6350
Sierra County Dept. of Social Services 530-993-6700
Nevada County Behavioral Health 530-265-5811

Emergency Numbers

Nevada County Adult Protective Services 800-339-7248
Plumas County Adult Protective Services 530-283-6471
Sierra County Adult Protective Services 530-289-3720

Information and Referral

Helpline 530-273-2273
FREED 530-265-4444
Food Bank of Nevada County 530-272-3796

Numbers for IHSS Homecare Workers

CUHW-Homecare Workers Union 800-359-0780
Symetra-Provider Health Benefits 800-497-3699
EDD for Unemployment 800-300-5616

Para-Transit Services

Telecare 530-272-1710
Gold County Stage 530-477-2961

EXTREME HEAT:

A Prevention Guide to Promote Your Personal Health and Safety



People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related illnesses are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness. **Seniors, the very young, and people with mental illness and chronic diseases are at highest risk.** However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned.

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.

During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

Drink Plenty of Fluids

Don't wait until you're thirsty to drink.

Don't drink liquids that contain alcohol, or large amounts of sugar—these actually cause you to lose more body fluid.

Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. A sports beverage can replace the salt and minerals you lose in sweat.

Wear Appropriate Clothing and Sunscreen

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) 30 minutes prior to going out. Continue to reapply it according to the package directions.

Stay Cool Indoors

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to a shopping mall or public library — even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

Use a Buddy System

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave.

Monitor Those at High Risk

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Recognizing Heat Stroke

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What to Do

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature, and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim fluids to drink.
- Get medical assistance as soon as possible.

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment.

Recognizing Heat Exhaustion

Warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs:

— *Continued on Page 6*

4 Steps to Control Your Diabetes. For Life.

Step 1: Learn about diabetes.

Step 2: Know your diabetes ABCs.

Step 3: Manage your diabetes.

Step 4: Get routine care to avoid problems.

Step 1: Learn about diabetes.

Diabetes means that your blood glucose (blood sugar) is too high. These are the main types of diabetes.

Type 1 diabetes: the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes: the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Gestational (jes-tay-shon-al) diabetes: may occur when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

Diabetes is serious.

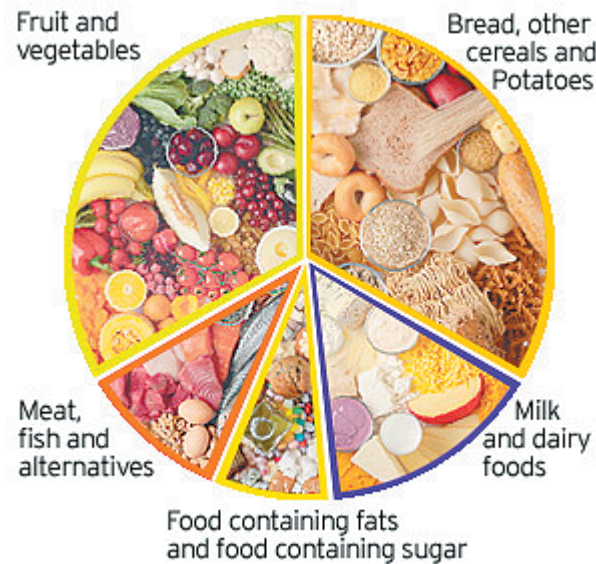
You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high”. These words suggest that diabetes is not a serious disease. That is not correct. Diabetes **is serious**, but **you can learn to manage it!**

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be physically active every day. Taking good care of yourself and your diabetes can help you feel better. It may help you avoid health problems caused by diabetes such as:

- Heart attack and stroke
- Eye problems that can lead to trouble seeing or going blind
- Nerve damage that can cause your hands and feet to hurt, tingle or feel numb. Some people may even lose a foot or a leg
- Kidney problems that can cause your kidneys to stop working
- Gum disease and loss of teeth

When your blood glucose is close to normal you are likely to:

- have more energy
- be less tired and thirsty and urinate less often



- heal better and have fewer skin or bladder infections
- have fewer problems with your eyesight, feet, and gums

Step 2: Know your diabetes ABCs.

Talk to your health care team about how to manage your A1C, Blood pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke or other diabetes problems. Here's what the ABCs of diabetes stand for:

A for the A1C test (A-one-C)

It shows you what your blood glucose has been over the last three months. The A1C goal for most people is below 7. High blood glucose levels can harm your heart and blood vessels, kidneys, feet and eyes.

B for Blood pressure

The goal for most people with diabetes is below 130/80. High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for Cholesterol

The LDL goal for most people is below 100. The HDL goal for most people is above 40. LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or stroke. HDL or “good” cholesterol helps remove

- Cool, nonalcoholic beverages
- Rest
- Cool shower, bath, or sponge bath
- An air-conditioned environment
- Lightweight clothing

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. The low salt level in the muscles may be the cause of heat cramps. Heat cramps may also be a symptom of

cholesterol from your blood vessels.

Ask your health care team:

- what your A1C, blood pressure, and cholesterol
- what your ABC numbers should be
- what you can do to reach your targets

Write down all your numbers for your record

Step 3: Manage your diabetes.

Many people avoid long-term problems of diabetes by taking care of themselves. Work with your health care team to reach your ABC goals.

Use this self-care plan.

- Use your diabetes meal plan. If you do not have one, ask your health care team for one.
- Eat healthy foods such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a deck of cards). Bake, broil or grill it.
- Eat foods that have less fat and salt and more fiber such as whole-grain cereals, breads, crackers, rice or pasta.
- Get 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a great way to move more.
- Stay at a healthy weight by using your meal plan and moving more.
- Ask for help if you feel down. A mental health counselor, support group, member of the clergy, friend, or family member who will listen to your concerns may help you feel better.
- Learn to cope with stress. Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to handle it.
- Stop smoking. Ask for help to quit.
- Take medicines even when you feel good. Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicines or if you have any side effects.
- Check your feet every day for cuts, blisters, red spots and swelling. Call your health care team right away about any sores that do not go away.
- Brush your teeth and floss every day to avoid problems with your mouth, teeth or gums.

— *Continued on next page*

HEAT — *Continued from Page 5*

- Symptoms are severe
- The victim has heart problems or high blood pressure

Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

What to Do

Cooling measures that may be effective include the following:

heat exhaustion.

Sunburn

Sunburn should be avoided because it damages the skin. Although the discomfort is usually minor and healing often occurs in about a week, a more severe sunburn may require medical attention.

Recognizing Sunburn

Symptoms of sunburn are well known: the skin becomes red, painful, and abnormally warm after sun exposure.

Diabetes

Continued from previous page

- Check your blood glucose. You may want to test it one or more times a day. Keep a record of your blood glucose numbers. Be sure to take this record to your doctor visits.
- Check your blood pressure if your doctor advises.
- Report any changes in your eyesight to your doctor.

Step 4: Get routine care.

See your health care team at least twice a year to find and treat any problems early. Ask what steps you can take to reach your goals.

At each visit be sure you have a:

- blood pressure check
- foot check
- weight check
- review of your self-care plan shown in Step 3

Two times each year have an:

- A1C test – it may be checked more often if it is over 7

Once each year be sure you have a:

- cholesterol test
- triglyceride (try-GLISS-er-ide) test- a type of blood fat
- complete foot exam
- dental exam to check teeth and gums – tell your dentist you have diabetes
- dilated eye exam to check for eye problems
- flu shot
- urine and a blood test to check for kidney problems

At least once get a:

- pneumonia (nu-mo-nya) shot.

Where to get help:

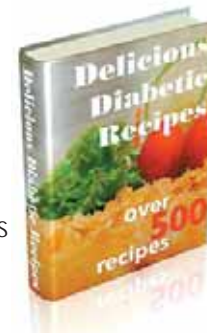
American Diabetes Association
Phone: 1-800-342-2383
Website: www.diabetes.org

National Diabetes Education Program
Phone: 1-800-438-5383
Website: www.ndep.nih.gov

Sierra Nevada Memorial Hospital
The Wellness Center
May 22, 2009 - 10:00 a.m.
Free diabetes classes for IHSS recipients
Phone: 530-274-6124
Website: www.snmh.org

Best Diabetic Recipes!

Diabetic diet planning can be hard. Whether you are a type 1 or type 2 diabetic a special diet is needed to control your blood sugar levels and maintain your health. You should talk to your team of medical professionals to find out your special diet needs. The recipes on this site <http://bestdiabeticrecipes.com> are generally lower in sugar and calories than their traditional counterparts. With a little creativity ingredients can be left out or substituted in most recipes to make them diabetic friendly.



Free Low Sugar Recipes to Help Create a Menu Plan

Turkey Chili

Ingredients

- 1 pound extra-lean ground turkey breast
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 3 garlic cloves minced
- 3 cans chopped tomatoes - (14 1/2 oz ea) undrained
- 1/2 cup water
- 1 tablespoon chili powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano leaves crushed
- 1/2 teaspoon freshly-ground black pepper
- 1/4 teaspoon salt
- 1 can pinto beans - (16 oz) rinsed, drained

Method

Spray large skillet with nonstick cooking spray. Cook turkey, onion, bell pepper and garlic over medium-high heat about 5 minutes or until turkey begins to brown, stirring frequently and breaking up turkey with back of spoon.

Stir in tomatoes; cook 5 minutes. Add water, chili powder, cinnamon, cumin, paprika, oregano, black pepper and salt; mix well. Stir in beans.

Bring to a boil; reduce heat to medium-low. Simmer about 30 minutes or until chili thickens. Garnish, if desired.

This recipe yields 4 servings.

Exchanges Per Serving: 2 1/2 Starch, 3 Meat, 1/2 Fat.

Nutrition Facts: Calories 361; Calories from Fat 29%; Total Fat 12g; Saturated Fat 4g; Protein 28g; Carbohydrates 39g; Cholesterol 96mg; Sodium 1048mg; Dietary Fiber 11g.

Note: Low-sodium diets:

Omit salt. Substitute unsalted canned tomatoes and beans.

Sunday Italian Vegetable Soup

Ingredients

- 1/2 cup dry navy beans
- Water as needed
- 4 cups chicken broth
- 3/4 cup sliced peeled carrot
- 1/2 cup sliced potato with peel
- 1 tablespoon corn oil
- 1/2 cup sliced onion
- 1 can Italian tomatoes - (16 oz)
- 2 cups thinly-sliced cabbage
- 1 cup sliced zucchini
- 1/2 cup sliced celery
- 1/2 cup drained canned chick-peas
- 1/2 cup uncooked rotini
- 1 tablespoon finely-minced fresh parsley
- 2 teaspoons crumbled dried basil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly-ground black pepper

Method

Cover navy beans with water in a large pot. Over medium heat, bring just to the boiling point. Remove pan from the heat, cover, and let stand for 1 hour. Drain.

Add chicken broth, carrot, and potato. Cover and cook over medium heat until vegetables are almost tender, about 35 minutes.

Heat oil in a small skillet and saute onion until tender. Add onion, undrained tomatoes, and all remaining ingredients to soup pot. Cook 15 minutes or until pasta is cooked. Serve hot.

This recipe yields 6 servings.
Serving size: 1 cup.

Exchanges per Serving: 2 Starch, 1 Vegetable, 1 Fat.

Nutrition Facts:

Carbohydrates 43g; Protein 12g; Fat 4g; Calories 216; Fiber 6.4g; Sodium 764mg; Cholesterol 0mg.

Note: Low-sodium diets: Omit salt. Substitute unsalted canned vegetables and broth.

Pineapple Upside-Down Cake

Ingredients

- 8 pineapple rings packed in their own juice
- 2 tablespoon molasses
- 1/3 cup reduced-fat margarine
- 1/2 cup honey
- 2 egg whites
- 1 1/2 cups flour
- 1/2 teaspoon baking soda
- 3/4 cup pineapple juice = (use the juice from the pineapple rings, and add water if necessary)

Method

Heat the oven to 350 degrees. Spray a 9-inch baking pan with nonstick cooking spray. Arrange the pineapple rings on the bottom of the pan. Pour the molasses over the pineapple.

In a separate bowl, beat the margarine, honey, and egg whites. Add the remaining ingredients and stir until smooth. Pour the batter over the pineapple.

Bake for 30 to 35 minutes. Cool before serving.

This recipe yields 8 servings. Serving size: 1 piece.

Exchanges per Serving: 3 Carbohydrate, 1/2 Fat.

Nutrition Facts: Calories 237; Calories from Fat 36; Total Fat 4g; Saturated Fat 1g; Cholesterol 0mg; Sodium 156mg; Carbohydrate 48g; Dietary Fiber 1g; Sugars 29g; Protein 4g.



Nevada-Sierra Regional
In-Home Supportive Services
Public Authority

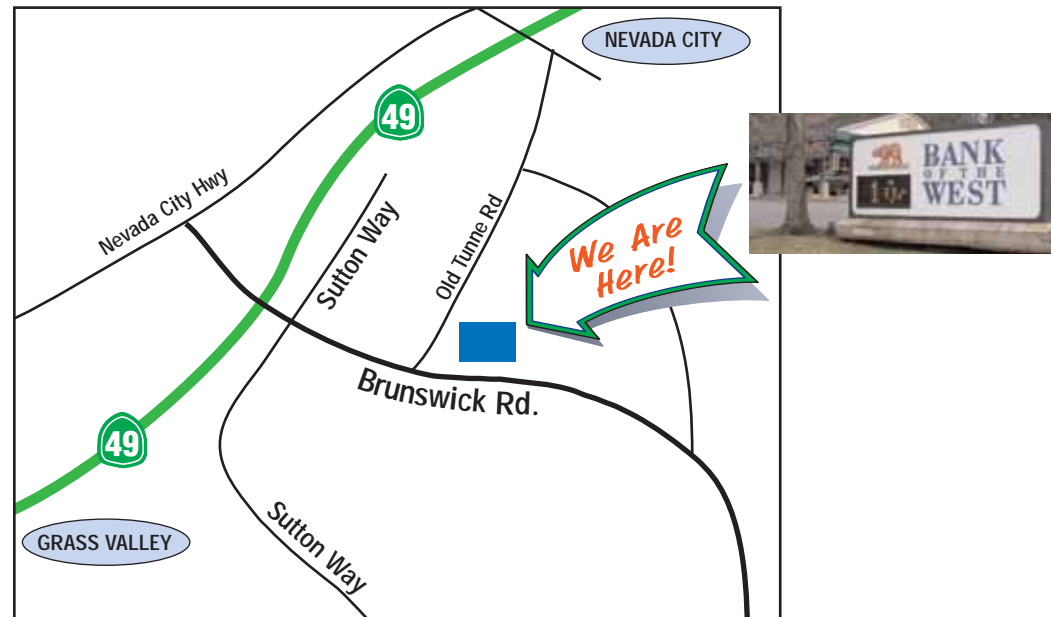
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