### IHSS Public Authority & Independence at Home 2022 Training Calendar

Register for classes in advance by calling **805-654-3416**

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**Caregivers are People Too!**

**Thur., March 24th at 3:30 p.m.**

Caring for someone else is one of the most rewarding things you can do. It’s also one of the hardest. As a caregiver there are lots of things to think about and lots of things to do. At this program, learn about how to take care of yourself to be the best caregiver you can be.

**Red Flags that an Older Adult Needs Help**

**Thur., April 21st at 3:30 p.m.**

How do you know when an older adult needs help? Learn some of the signs and red flags when an older adult needs some help to remain healthy and independent.

**Trading Ages**

**Thur., May 19th at 3:30 p.m.**

Our trademarked age sensitivity training is designed to help professionals who work with older adults. The training helps participants recognize some of the challenges people experience as they age. Through the use of practical examples and activities, participants increase their understanding around age-related changes that can affect behavior and attitudes.

**Food for Thought**

**Thur., June 23rd at 3:30 p.m.**

There is an old saying “we are what we eat.” Is that really true? Come and join us for a discussion on how food affects certain medical conditions and how you may be able to improve your health by changing the foods that you eat.

**Stop Falling!**

**Thur., July 21st at 3:30 p.m.**

Did you know that 1 out of every 4 people over 65 will have a fall this year? Injuries related to falls, like broken hips and head trauma, lead to emergency room visits, hospital stays and even nursing home placement. This program will help you to identify falls risks in your life.

**Do's and Don'ts for Healthy Dieting**

**Thur., March 31st at 3:30 p.m.**

It’s easy to gain weight but harder to lose weight quickly. Healthy weight loss isn’t just about dieting. Do’s and Don’ts of Health Dieting will teach you some helpful ways to be a winner in weight loss!

**Lets De-Stress**

**Thur., April 28th at 3:30 p.m.**

Stress is a normal part of life, but how you deal with that stress makes a big difference to your health. Come connect with others and learn tips on ways to better manage the stress in your life! We will end the session with a gratitude meditation.

**Memory Loss and Medication Safety**

**Thur., May 26th at 3:30 p.m.**

Managing medications is hard enough on its own. But for someone with memory loss it can be even more of a challenge. Joins us to learn some tips on how to help someone with memory loss manage their medications.

**Active Every Day**

**Thur., June 30th at 3:30 p.m.**

Start exercising doesn’t mean go and run a mile every day. There are lots of ways to stay active and healthy. Learn about what you can do to stay active every day!

**How to Cope When You're at the End of Your Rope**

**Thur., July 28th at 3:30 p.m.**

Stress is a normal part of life. But how you deal with that stress makes a big difference to your health. There are healthy ways to cope with stress. At this program, learn about how you can better manage the stress in your life.

If you have questions about events, contact us at **855-587-7226**.

If you wish to receive the monthly calendar via email, send a message to **communityoutreach@scanhealthplan.com**.
Red Flags that and Older Adult Needs Help  
**Thur., August 18th at 3:30 p.m.**
How do you know when an older adult needs help? Learn some of the signs and red flags when an older adult needs some help to remain healthy and independent.

Trading Ages  
**Thur., September 15th at 3:00 p.m.**
Our training is designed to help professionals who work with older adults. The training helps participants recognize some of the challenges people experience as they age. Through the use of practical examples and activities, participants increase their understanding around age-related changes that can affect behavior and attitudes.

Nutrition Bingo  
**Thur., August 25th at 3:30 p.m.**
Learn while playing a game?! It's true. Learn some interesting nutrition facts and how to eat healthier while playing an old favorite, Nutrition Bingo!

Depression  
**Thur., September 29th at 3:30 p.m.**
How do you know when it's more than just the blues? How do you know when it's depression? Depression is common and happens to about 1 out of 20 adults every year. Spend some time with us to learn how to determine if it's more than just the blues and what you can do about it!

Aging and Vision Loss  
**Thur., September 22nd at 3:30 p.m.**
Started wearing glasses recently? It happens with age. Your eyes and vision are important to your health. Learn about some common vision problems that come with age, what to look out for and what you can do to prevent vision loss.

Eat Smart  
**Thur., October 20th at 3:30 p.m.**
Eating healthy is not as hard as you might think. With a little planning and making healthier choices, you too can eat smart. Learn some helpful tips to eating healthy and smart!

Memory Loss & Medication Safety  
**Thur., October 27th at 3:30 p.m.**
Managing medications is hard enough on its own. But for someone with memory loss it can be even more of a challenge. Joins us to learn some tips on how to help someone with memory loss manage their medications.

Living Better with Arthritis  
**Thur., November 10th at 3:30 p.m.**
Arthritis is common among older adults but that doesn't mean that joint pain has to be. There are things that you can do to live better with arthritis. Learn how to better manage your arthritis with helpful tips from this presentation.

Healthy Grieving  
**Thur., November 17th at 3:30 p.m.**
As we age we tend to have more losses in life. Grief is a natural response to a loss. We grieve for our losses but how you grieve is unique to you. Learn about how to express your grief in healthy ways and how to live after loss.

Beating the Holiday Blues  
**Thur., December 22nd at 3:30 p.m.**
The holidays are a joyous season for many. For others, it's a time of blues. But it doesn't have to be. Join us to learn some ways that you can beat the holiday blues!

Maintain Your Brain  
**Thur., December 15th at 3:30 p.m.**
You may have heard the phrase, use it or lose it. You use your muscles to keep your body strong. The same is also true for your brain. At this program learn what you can do to keep your brain active and healthy.

If you have questions about events, contact us at 855-587-7226. If you wish to receive the monthly calendar via email, send a message to communityoutreach@scanhealthplan.com.