

Circle of Care

A Newsletter published by the Calaveras County IHSS Public Authority

Volume 1, Issue 4



“LIVING WITH ARTHRITIS”

ARTHRITIS ('arth', meaning "joint"; 'itis', meaning "inflammation") - - isn't a one-note story or even a few variations on a single theme.



It actually consists of more than 100 different conditions. These can be anything from relatively mild forms of tendonitis and bursitis, to crippling forms such as rheumatoid arthritis.

True, many older people do have arthritis, but it's not just a disease of the old. Some forms of arthritis affect children still in diapers, while thousands of people are stricken in the prime of their lives. The common denominator for all these conditions is joint and musculoskeletal pain, which is why they are grouped together as "ARTHRITIS". Often, that pain is a result of inflammation of the joint lining.

No one knows what causes arthritis, though scientists have uncovered a host of clues. Some things can be done to manage most forms, but it's very important that a correct diagnosis is established early.

In this edition, we offer some tips for both Providers and Consumers to help them deal with day-to-day living with arthritis.

EXERCISING WITH ARTHRITIS: Improve your joint pain and stiffness



Exercise is critical for people with arthritis. It increases strength & flexibility, reduces joint pain, and helps combat fatigue. Of course, when stiff and painful joints are already bogging you down, the thought of walking around the block or swimming a few laps might make you cringe. Though you might think exercise will aggravate your joint pain and stiffness, not exercising can make your joints even more painful and stiff.

Before you begin, **check with your doctor first.** Find out how exercise can fit into your treatment plan, and what exercises are best for you. These exercises may include:

- Range-of-motion exercises:** these relieve stiffness and increase your ability to move your joints using a full range of movement.
- Strengthening exercises:** these help you build strong muscles that will support and protect your joints.
- Aerobic exercises:** these help with your overall fitness, help control your weight, and give you more stamina.
- Other activities:** these will help, no matter how small. Gentle forms of yoga and/or *tai chi* help with overall blood circulation.

Inside this issue:

Director's Message	2
Universal Precautions	2
Training Programs	3
Advisory Committee Note	3
Consumer's Corner	3
Provider's Corner	4

TIPS to KEEP your JOINTS SAFE



1. Start slowly to ease your joints into exercise if you haven't been active for awhile.
2. Apply heat to the joints you'll be working **BEFORE** you exercise. Heat can relax your muscles and relieve any pain you have before you begin.
3. Warm-up. Begin with gentle range-of-motion exercises before you move on to strengthening or aerobic exercises.



FOR MORE INFORMATION, CONTACT:

Arthritis Foundation—(800) 283-7800
National Institute of Arthritis—(877) 226-4267



Director's Message

As you can see on page one of our Newsletter, we have focused on providing basic information about Arthritis. The reason we highlight this painful ailment is because nearly every elderly or disabled person receiving IHSS assistance in our county has some form of arthritis. That is clearly significant, and we'd like to offer some help.

On Friday, September 16th, Anthony Warren, a massage therapist, fitness trainer, and local celebrity (see the *Calaveras Enterprise* dated July 26, 2005), will be available to provide hands-on, arthritis-specific massage training. The practical skills you'll learn could help provide some much-needed relief for both Providers and Consumers. This training is **FREE of charge**, so please join us. (See page 3 for sign-up details.)

(Thank you to Melody, one of our great adult services Social Workers, for her recommendation to highlight **Arthritis**.)

More good news! IHSS Providers have scored another victory! The Governor's proposal to roll-back State financial participation in Provider wages and benefits to minimum wage was defeated in both houses on July 7th. This action is an affirmation of the importance of in-home care, and the need for fair wages for caregivers.

Once again, we thank the Board of Supervisors for approving the wage increases and addition of benefits for Calaveras County Providers.

-- Colleen Reeves

✂ **CLIP & SAVE**

UNIVERSAL INFECTION PRECAUTIONS

"Universal Precautions", as defined by the Centers for Disease Control (CDC), are a set of precautions designed to prevent transmission of human immunodeficiency virus (HIV), hepatitis B virus (HBV), and other bloodborne pathogens when providing first aid or health care. Under universal precautions, blood and certain body fluids of all patients are considered potentially infectious for HIV, HBV and other bloodborne pathogens. [Though the following precautions help protect against most infectious organisms, implementing universal precautions does not eliminate the need for other isolation precautions, such as droplet precautions for influenza, airborne isolation for pulmonary tuberculosis, or contact isolation for methicillin-resistant



1. Wash hands **before** and **after** all body fluid or specimen contact.
2. Handle all blood as if potentially infectious.
3. Wear gloves for potential contact with blood and body fluids.
4. Place used syringes immediately in a nearby impermeable container; **DO NOT** re-cap or manipulate needle in any way!!
5. Wear protective eyewear and mask if splatter with blood or body fluids is possible.
6. Wear splash-gowns when splash with blood or body fluids is anticipated.
7. Handle all linen soiled with blood and/or body secretions as potentially infectious.
8. Process all laboratory specimens as potentially infectious.
9. Wear a mask for TB and other respiratory organisms. (NOTE: HIV is not airborne).
10. Place resuscitation equipment where respiratory arrest is predictable.



Make it a point to do something every day that you don't want to do. This is the golden rule for acquiring the habit of doing your duty without pain. -- Mark Twain

TRAINING PROGRAMS and HIGHLIGHTS

Are you prepared?

Do you know what to do
in case of an emergency?

The Public Authority continues to offer CPR/First Aid classes **FREE of CHARGE** to IHSS Providers.

The next class is scheduled for Friday, **Oct. 7th, 2005**. Because class sizes are limited, please call to reserve a spot. For more information about this and other training opportunities offered by the Public Authority, please call Bea or Teresa at (209) 754 -



PROVIDER TRAINING

We are currently holding "IHSS Provider Training" sessions open to all new IHSS and prospective Public Authority Registry providers. The trainings are held twice a month at the Cal-Works building in San Andreas. Please give us a call if you're interested in



"TIME TO RE-LAX..."

The Public Authority is offering a **"Massage Techniques"** class for both Providers and Consumers, on **September 16, 2005**. The class starts @ 9:30 a. m., and will be taught by local Certified Massage Therapist/Fitness Trainer, Anthony Warren. The class is designed to show the correct method of giving circulatory massages. For additional information or to reserve a spot, please call Bea or Teresa at (209) 754 - 6544. The class will be held at the



ADVISORY COMMITTEE NOTE.....by the AC Chair

I remember the good old days of summer as a kid, when we played all day and slept 'til noon. Where does all that energy go as we get older, and the hot weather restricts us into sitting on the couch watching TV with the air-conditioner on high?

Fall is just around the corner, and we're looking forward to a busy year on the Committee. The IHSS Advisory Committees throughout the State are discussing forming a partnership with the California Association of Public Authorities. We will be looking at changes, including revising the "Time-for-Task" guidelines, for the IHSS program.

Anyway, remember these hot summer days as we sit by the fireplace on long winter nights, wishing the good old days of summer were back.

- - Bob Louis, AC Chair

"If I have been of service, if I have glimpsed more of the nature and essence of ultimate good, if I am inspired to reach wider horizons of thought and action, if I am at peace with myself, it has been a successful day."

- - Alex Noble

CONSUMER'S CORNER!

"I hereby nominate my in-home care-Providerfor Provider of the Quarter"

Do you have a "STAR" Provider? Does he or she do a great job for you? Do you think he or she deserves to be recognized for the work they do?



If so, please send us a note or give us a phone call, and tell us WHY you think your care-Provider deserves to become the "Provider of the Quarter". We'll feature him or her in the next newsletter, and show them the appreciation they deserve!

He who wishes to secure the good of others, has already secured his own. - - Confucius

E-MAIL US!!!
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PROVIDER'S CORNER

ON the JOB with ARTHRITIS: Making it Work



You've missed a few days of work because your hands and fingers were too stiff and sore. Or perhaps you've grimaced your way through a day of lifting, afraid to tell your Consumer about the arthritis pain you're suffering. Whether or not you reveal your arthritis to your Consumer is up to you. But given your decision, see what you can do on your own to accommodate your work:

◆ WHAT YOU CAN DO

- Start by paying attention to your signs and symptoms at work. You know your body better than anyone else does.
- Have a positive attitude. Dwelling on what you can't do only brings you down.
- Get sufficient rest. Make sure you're getting enough sleep.
- Re-arrange your workspace when possible. Make sure things are not so hard to reach for.
- Adjust your body position frequently. Vary your body position every 20 - 30 minutes to prevent stiffness and pain.
- Even out your work-day. Pace yourself so that you don't find yourself under stress trying to complete an activity.
- Take short breaks and RELAX. Stretch your arms, hands, fingers, neck, legs, and back, for a minute every hour.

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.

- - Izaak Walton

