



PA Marin Newsletter

ARTICLES BY PA STAFF, BOARD AND PARTNERS

Provider Spotlight

By ADRIANA ACOSTA



Dulce Batres

Dulce Batres lives in Novato, CA, and has been a caregiver for the Public Authority for almost two years. She is a single mother of three children and is originally from Guatemala. Dulce is learning English and is a registered nurse from Guatemala. Dulce has been praised by her current client as a champion, who is extremely thankful for her dedication, encouragement, hard work, and willingness to go above and beyond. Dulce likes this job because it gives her the opportunity to serve clients who need help, protection, and special care.

"From my first job," says Dulce, "I learned to work with people from different cultures, and I also learned to advocate for my clients' rights. With my regular clients, I have learned to be more patient than I already am, to look for resources, and ask for extra help for my clients. With one client, I have had to be more alert even outside of my work hours because she calls me to ask for food when I am no longer working. I have been helping my client to renew her space by assisting her in cleaning, organizing, and throwing away everything that was in bad condition and no longer used. It has been difficult for my client because she does not want to let go of her

belongings. I am also trying to educate her to change her eating habits, but it has not been easy to establish them as habits. Dealing with the culture, temperament, and space of clients is not easy. My goal as a caregiver is for my clients to have a clean, orderly, and safe space. My current client has allowed me to help her, and she has lost her fear. Now, my client is understanding that she deserves respect. She has changed physically; she is coming out of her depression, she is talking, walking, and feels more confident to socialize. When I am not taking care of my clients, my children and I go for walks in the park, and we really like to cook as a family."

Dulce has helped us with the most complex cases, where she has transformed the clients' spaces into clean, orderly, safe, and dignified places to live. Additionally, Ms. Batres helps the Public Authority achieve our mission by serving in several emergency cases. Dulce has been assigned to the most challenging situations, assisting clients in improving their environment, organizing their space, and educating them to change their eating habits.

Executive Director Report

By DARIO SANTIAGO

As we embrace the vibrant colors of fall 2024, I am filled with gratitude for the strength and unity our IHSS community has demonstrated over the past year. It has been a period of significant growth and adaptation for the Public Authority of Marin, and I am pleased to share some of our accomplishments and future plans with you. One of our notable achievements is the expansion of our registry, which now includes approximately 450 providers serving close to 1,000 recipients. This growth reflects our ongoing commitment to meet the increasing needs of our community and to ensure that quality care is accessible to those who need it most. In alignment with our dedication to better serve you, we have updated our mission statement to: **"To support Marin IHSS Recipients to remain independent and safe in their own home and community for as long as possible by supplying carefully selected and trained in-home Care Providers."** This new mission underscores our commitment to empowering individuals to live independently while ensuring their safety and well-being. By providing carefully chosen and trained caregivers, we aim to enhance the quality of life for our clients, allowing them to stay connected to their communities and maintain their dignity. Looking ahead, we are excited to announce the development of a comprehensive training curriculum for our Registry Providers. We will be sending out a survey to hear from caregivers and recipients regarding topics. These curriculum will be designed to equip them with advanced skills and knowledge, and we'll announce course schedule and details on the following Winter 2024 Newsletter. Wishing you all a season of warmth and joy.





Protect Yourself and Others: The Importance of Proper Handwashing for Providers and Care Recipients

By Beth Gray, RN, MSN, CNS, Board Member

The Hidden Dangers of Germs

Did you know that we can spread germs (bacteria, viruses and fungi) from surfaces to ourselves when we touch a surface and then touch our eyes, nose or mouth with unwashed hands? Our unwashed hands can also spread germs to other people.

Why Handwashing is Crucial

Good handwashing is an effective way to protect yourself and others from getting the flu, COVID and pneumonia as well as gastrointestinal infections that can cause nausea, vomiting and/or diarrhea. Many of these conditions can be deadly to the elderly, babies, children and those with weakened immune systems. Your hands can spread germs to others, even if you're not sick.



When to Wash Your Hands

Wash your hands **after** using (or cleaning) the bathroom or changing a diaper, after sexual activity, after coughing, sneezing or blowing your nose, and after touching an item or surface that is frequently touched by other people (e.g. gas pumps, elevator buttons, shopping carts, door knobs, keyboards and touch screens).

Wash your hands **before** eating or preparing food, taking or preparing medications, and inserting or removing contact lenses. Wash your hands before and after caring for a client or sick person.

Soap and Water: The Best Defense

Washing your hands with soap and water works better to reduce germs than washing with water alone. Antibacterial soap is not necessary. Be sure to dry your hands thoroughly. Hand sanitizer (gel or wipes) can be used when your hands are not visibly dirty and/or you don't have access to soap and water. It's a good idea to always keep some hand sanitizer with you.

Good handwashing is an effective way to help prevent illness. Washing your hands frequently can play an important role in protecting your health and the health of others.





Stay Healthy, Stay Strong: The Importance of Vaccinations for Marin Caregivers

By Dr. Lisa Santora, Public Health Officer

As caregivers in Marin, your health is important for both you and the people you care for. It's essential to stay up to date with COVID-19 and flu vaccines, along with other recommended shots. These vaccines help make illnesses less severe and can keep people out of the hospital.

COVID-19 vaccines can lower the chances of getting very sick, and flu vaccines are especially important in the colder months when flu can spread more easily. When you protect yourself, you also help keep the people you care for safer. Vaccines recommended by the Centers for Disease Control and Prevention (CDC) are safe and work well.

WHY VACCINATIONS MATTER

By getting vaccinated, you not only protect yourself but also help keep everyone in the community healthy. Your health is key to providing great care.

Make vaccinations a priority so you can support those you serve while keeping them healthy. Together, we can keep Marin strong and healthy! Find where you can get vaccinated at Vaccine Finder | Marin County Coronavirus Information (marinhhs.org)



 <https://coronavirus.marinhhs.org/vaccine>



WINNER



Rosa M.

Alisson C.

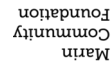
Referral Raffle Winners

By Adriana Acosta

Congratulations to Rosa M. and Alisson C. for winning the raffle by referring their friends and family to join the Public Authority registry!

The raffle is open to all Public Authority Registry Providers and Recipients who refer friends or family members to join our registry. If your referred friend or family member gets hired by a recipient through the registry, your name will be entered into a drawing for a \$50 gift card.

If you know someone who is interested in joining the registry, please contact our Registry Specialists.



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