

# IHSS Public Authority & Independence at Home 2024 Training Calendar



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



## A New Year, A Healthier You January 9th at 3:30 P.M.

Thinking about your New Year's Resolutions? Coming up with them is easy enough but keeping them is sometimes harder to do. Join us to learn how to make AND keep New Year's Resolutions for a healthier you!



## Practice of Gratitude: What is Gratitude?

January 23rd at 3:30 P.M.

A group activity where participants will have an opportunity to discuss what gratitude is and what it means to them.



## Active Every Day February 6th 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!



## Practice of Gratitude: Meditation February 22nd at 3:30 P.M.

Participants will have an opportunity to learn and discuss about how they can incorporate meditation into their practice of gratitude.



## Do's and Don'ts of Healthy Eating March 5th at 3:30 P.M.

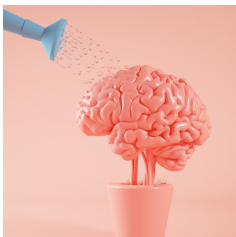
It's easy to gain weight but harder to lose weight quickly. Healthy weight loss isn't just about dieting. Healthy weight loss means changes in your lifestyle to not just "get the weight off" but keep it off! Do's and Don'ts of Health Dieting will teach you some helpful ways to be a winner in weight loss!



## Practice of Gratitude: Creating a Haiku

March 26th at 3:30 P.M.

Participants will have an opportunity to create a haiku which is a type of poem originating from Japan. Participants will be encouraged to share their creations with others in the class.



## Maintain Your Brain April 2nd 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. When you use your brain you keep your mind sharp. At this program learn what you can do to keep your brain active and healthy.



## Open Mic April 23rd at 3:30 P.M.

Participants are encouraged to take part in this class by singing or playing an instrument, reading a favorite poem or short story, performing comedy or telling a joke - make sure to keep it PG! If you get stage fright, you're more than welcome to come and observe.



## Lets De-Stress May 7th 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.



## Story Sharing a Walk Down Memory Lane

May 28th at 3:30 P.M.

Story Sharing offers participants the opportunity to contemplate some of life's big questions and / or review their life experience and adventures with a group.



## The Benefits of Drinking Water June 4th at 3:30 P.M.

When was the last time you drank water? Many of us don't get the water that our bodies need. Remember that our bodies are made up mostly of water. Join us to learn about why it's important to keep hydrated and what you can do to get enough water throughout the day.



## Music Appreciation: Music as Identity

June 25th at 3:30 P.M.

Participants will have an opportunity to discuss music through different era's and the impact on generations. They will have an opportunity so share with others songs or artist that are meaningful to them.



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](mailto:communityoutreach@scanhealthplan.com)

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## 2024 Training Calendar



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### Caregivers Are People Too!

**July 9th at 3:30 P.M.**

Caring for someone else is one of the most rewarding things you can do. But 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



### Control Your Cholesterol

**August 6th at 3:30 P.M.**

High cholesterol is something that many older adults have. But, having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control.



### Screenings for Better Health

**September 10th at 3:30 P.M.**

The old saying goes: "An ounce of prevention is worth a pound of cure." This is certainly true regarding your health. Join us for a discussion of the prevention screenings and vaccines that are recommended for people age 65 and older. It's your health...take care of it!



### 10 Myths About Medication

**October 1st at 3:30 P.M.**

There are many myths about medications. Paying attention to myths that are false can put you at risk for health issues. Join us to learn the TRUTH about some important myths about medication use.



### Getting The Care You Want When You Need it Most

**November 5th at 3:30 P.M.**

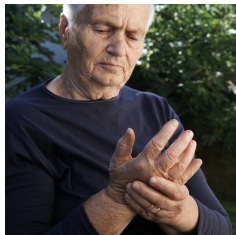
Planning ahead works for pretty much anything. But planning ahead in your health care can give you and your family peace of mind. Join us to learn about how to get the care you want when you need it most.



### Living Better with Arthritis

**December 3rd 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.



### Nutrition Bingo

**July 23rd 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!



### Laughter Yoga

**August 27th at 3:30 P.M.**

Do you have enough laughter in your life? Did you know that you can turn laughing into exercise? Join us for Laughter Yoga where we will combine laughter with yoga breathing to make exercise fun! Yoga mats are not required, as exercises are conducted in chairs. Feel free to invite a friend!



### Diabetes

**September 24th at 3:30 P.M.**

Diabetes is a long-lasting health condition that affects how your body turns food into energy. Join us for a one hour class to learn what the signs of pre-diabetes are and on how to manage diabetes with lifestyle changes.



### Music Appreciation: Music and Memory

**October 29th at 3:30 P.M.**

The group will have an opportunity to discuss the positive impact of music on memory stimulation and recall. They will have an opportunity to share the name of a song/artist they remember listening to as a child, teen or young adult.



### Beating the Holiday Blues

**November 19th 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!



### Music Appreciation: Music for Social Entertainment

**December 17th at 3:30 P.M.**

A social activity that encourages participants to share with one another different kinds of music they enjoy listening to for different social events (birthdays, weddings, holidays, etc.). Group will have an opportunity to share songs with others.



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