

## THE AFFORDABLE CARE ACT / COVERED CALIFORNIA

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need to get new insurance (but there might be premium assistance available that would make the ACA coverage more affordable).

Exploring your options under the ACA is very important. If you and your family are not otherwise covered with appropriate health insurance, there are fines. The fine for 2014 will be one percent of a household's yearly income or \$495 per person, whichever is greater. By 2016 the fine will grow to 2.5% of a household's yearly income or \$695 per person/\$2085 for a family, whichever is greater. The deadline for securing coverage for 2014 (and avoiding fines) is March 31 2014.

### IHSS FAMILY CARE PROVIDERS: TRAINING AVAILABLE

Area Agency on Aging (A1AA) is now offering caregiver training specifically for family caregivers. IHSS family care providers are especially encouraged to attend this new series. There is no charge for these classes but donations are always welcome.

"Family caregivers are incredibly overwhelmed and aren't looking for certification that they took a class. They want and need support and information to cope with what is happening in their family and with their loved one. A two hour class is do-able once a week. Three hours twice a week just wasn't" said Jeanie Ren, Manager of Caregiver Services at A1AA.

Over the years, A1AA has offered a lengthy caregiver training that primarily benefited caregivers who wanted to make care giving their profession. Family caregivers were always welcome and encouraged to attend this training, but most found it too lengthy for their busy care giving schedules. While A1AA realizes training to paid caregivers is critical, they are unable to offer such training without funding.

The lengthy training program has been revamped and the homework component, along with segments that were less relevant to family caregivers, has been eliminated. Instead of nine 3-hour classes over the course of 5 weeks, there will be two hour classes, once a week, for four weeks.

The training will be split up into four series over the course of the year. The first revamped class was offered in September and well received by participants. Family caregivers can sign up for one or more of the series, according to their interests and time constraints.

Series 2 of 4 will be offered beginning January 23, 2014 and run through February 13. This will be followed by Series 3 from March 13 through April 3 and Series 4 from May 1 through May 22.

The classes run from 5:30-7:30 p.m. and will take place either at Area 1 Agency on Aging at 434 Seventh Street or another Eureka location, to be announced soon. Topic flyers will also be available on the A1AA website at [a1aa.org](http://a1aa.org) in early December.

Area 1 Agency on Aging receives a limited amount of federal Older Americans Act funding to provide services to family caregivers. These services include Information and Assistance, limited respite funding for family members caring for a senior or grandparents caring for a grandchild, even more limited emergency assistance, and caregiver trainings. For more information contact Caregiver Services at 442-3763.

*Information provided by Maggie Kraft, MSW, Executive Director of Area 1 Agency on Aging*

<b>AVAILABLE FOOD OPTIONS</b>
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*Did you know that eating a healthy meal starts with more vegetables and fruits and smaller portions of protein and grains? And..*

*Did you know that half of a healthy plate should be veggies and fruit? And..*

*Did you know that at least half the grains you eat should be whole grains? And..*

*Did you know every healthy meal includes dairy? And..*

*Did you know that lean protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu should be on every healthy plate? And at least twice a week, seafood should be the protein on your plate?*

The Public Authority from another County recently scheduled an orientation session for new providers. During the training session providers asked what they could do to prepare healthier meals for their consumers. **“One provider said she had just started working for a woman who had been eating nothing but peanut butter the last week of the month because she runs out of money for food before the month is over.”** That statement shocked everyone. The discussion turned to how seniors and others living on low incomes could afford to add fresh fruits and vegetables to their meals.

In Humboldt County one resource for fresh fruits and vegetables, as well as other food choices, is the Food Bank of Humboldt County. The Food Bank operates a Commodity Supplemental Food Program (CSFP) for individuals and households with limited incomes. For instance, for a household of 1 the maximum monthly income is \$1,436; a household of 4 is \$2,944. People who go to a distribution center to pick up “emergency food” can sign a form that they certify under penalty of perjury that their household income for the past 30 days does not exceed the guidelines. Providers who go to a distribution center for food for their consumer can sign an “authorization” for certifying the household income. (See complete guidelines at food distribution centers) We urge IHSS providers and consumers to visit the Food Bank Distribution Centers for food at no cost.

Other Programs that might benefit you or your clients are The Choice Pantry, The Homebound Delivery Program and The Senior Brown Bag Program.

**Food for People** is located at 307 West 14<sup>th</sup> Street in Eureka. Phone number is 707 445-3166 (See places, dates and times on schedule):

### Pantry Network and Schedule

#### Arcata

*Campbell Creek Connexion*, 76 13th Street  
Every Saturday 10 a.m. to 12 p.m.  
(707) 826-1000

*Arcata Seniors (serving primarily Seniors)*  
321 Community Park Way  
3rd Thursday 10:30 a.m. to 11: a.m.  
(707) 825-2527

#### Blue Lake

*Blue Lake CRC/Mad River Grange*  
110 Hatchery Road (distr. Day)  
111 Greenwood Ave. (non-distr. Day)  
3rd Thurs. 10 a.m. to 11 a.m.; anytime at CRC—(707) 668-4281

#### Bridgeville

*Bridgeville Community Center*  
38717 Kneeland Road  
3rd Friday, 10 a.m. to 3 p.m.; or as needed—(707) 777-1775

#### Eureka

*Food for People*, 307 W 14th Street  
Call for an appointment—(707) 445-3166

*Humboldt Senior Resource Center*  
1910 California Street  
Call for more information about meals  
(707) 443-9747

#### Ferndale

*Ferndale Community Church*, 712 Main Street  
3rd Thursday, 1 p.m. to 3 p.m.—(707) 786-4475

#### Fortuna

*St. Joseph’s Pantry Shelf*, 2292 Newberg Road  
Mon/Wed/Fri. 10 a.m. to 12 noon  
(707) 725-1148

#### Garberville

*Garberville Presbyterian Church*, 437 Maple Lane  
Tue/Thurs. 10:30 a.m. to 12 noon; Wed 2 p.m. to 4 p.m.—  
(707) 923-3295 (church)

#### Loleta

*Loleta Community Church*, 228 Church Street  
Thursdays 2 p.m. to 5 p.m. (not 1st or 5th Thurs.)  
(707) 845-0464 (CRC) - (707) 733-3295 (church)

#### Redway—Mateel Meal

*Mateel Community Center—Mateel Meal*  
59 Rusk Lane; Daily Lunch: 12 p.m. to 1 p.m.  
(707) 923-3368 (MCRC)

#### McKinleyville

*McKinleyville Family Resource Center*  
1450 Hiller Road; Tues. & Fri. - 11 a.m. to 1 p.m.  
(707) 840-0905

#### Orick

*Orick Elementary School/CRC Pantry*  
120918 Hwy. 101 - 3rd Thurs. 12 noon to 2 p.m.  
(707) 488-2803

#### Scotia

*Bread for Life*, 143 Main Street  
3rd Thurs. 10 a.m. to 12 noon; following Fri. 10 a.m. to 12 noon—(707) 764-5239

#### Trinidad

*Trinidad Lion’s Club Pantry*, Trinidad Town Hall  
409 Trinity Street; 3rd Wed. 10:30 a.m. to 12:30 p.m.

#### Willow Creek

*Willow Creek Community Resource Center Pantry*  
38883 Hwy. 299: Mon/Wed/Fri. & 3rd Thurs. 10 a.m. to 12 noon - (530) 629-3141