



676 Church St. NE
Salem, OR 97301
1-877-867-0077

MARCH 2014

WORKER TRAINING NEWS

For Homecare Workers and Personal Support Workers

REGISTERING FOR TRAINING

These trainings are provided for Homecare Workers (HCW), Personal Support Workers (PSW) and the consumer/employers they work for.

To register, call 1-877-867-0077 Toll free and use Option 2

If local, call 503-378-3957

You may also send your registration request to: Training.OHCC@state.or.us.

Pre-registration is required and assures your spot at the class. *Call early* as some classes fill to capacity and will not be able to accommodate walk-ins.

If you are NOT a Homecare Worker, Personal Support Worker or someone receiving services:

Classes are open to adult foster homes and guests for a fee and on a space-available basis. If you are wishing to attend as a guest, please see [Page 10](#) for instructions. Classes marked with "F" at the end of the description have been approved for foster home CEUs.

CHECK-IN starts one half-hour before every class.

Union representatives are often available prior to the start of class.

TRAINING COMPLETION & PAYMENT

Homecare Workers and Personal Support Workers may be paid for attending classes if they meet these criteria:

- Have an active designation
- Have authorized and paid state provider hours within 3 full calendar months prior to the month of the training or during the month the training is held
- Class is approved for the specific work group by the Home Care Commission.

Homecare Workers may be paid for any classes with "H" at the end of the description. Personal Support Workers may be paid for any classes with "P" at the end of the description.

continued

To sign up to receive the Training News, or to register for training, call 503-378-3957 or 1-877-867-0077, #2

Workers are paid for attending the same class only **once** in 12 months, whether complete or incomplete. If you miss more than 15 minutes of the class, the pay is pro-rated for the time attended and you will not receive a certificate. Incomplete classes are not listed on the Registry & Referral System.

Personal Support Workers not paid through a state payment system will need to provide verification of employment during one of the 4 qualifying months. This can include a pay stub, an invoice signed as paid by the employer or other verification.

These payments will not be considered work hours and will not have withholding. Training hours are not used to determine benefit eligibility. Please allow 5-6 weeks to receive payment and for the classes to appear in your Registry profile. If you have not received it by then, please call us.

TRAINING REQUIREMENTS

Homecare Workers and Personal Support Workers wishing to be referred on the Registry and Referral System will be required to have annual continuing education. Here's what you need to know:

- Four training classes are needed each year if you wish to be referred. If you were an active worker as of 10/04/13, your year begins on that date. For new workers, the year begins when you get your provider number.
- Only approved HCC classes will meet the requirement.
- At least once every two years, you must complete one of the HCC Safety trainings – PASS, PDT or TRIPS. The other 7 classes in those two years can be any class, except for MoneyWise.
- If you do NOT wish to be referred through the RRS, there is NO training requirement.
- Even if you do not expect to seek work, it is a good idea to attend training. If you ever lose your job and want to use the RRS to find another, training will be required.

BATHING & GROOMING – 3 ½ hours

Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques.

A video demonstrating hands-on care is shown. **H/IC, P, F**

City	Date/Time	Location
Coos Bay	Tuesday, March 11 2:30 – 6:00	Red Lion 1313 N Bayshore
Eugene	Saturday, April 19 9:00 – 12:30	Holiday Inn Express 2117 Franklin Blvd <i>(Near U of O)</i>
Hermiston	Saturday, March 22 9:00 – 12:30	Oxford Suites 1050 North First Street
Hermiston Class in Spanish	Saturday, April 5 1:30 – 5:00 Esta clase in Espanol	Oxford Suites 1050 North First Street
Hillsboro Class in Spanish	Saturday, April 26 1:30 – 5:00 Esta clase in Espanol	Hillsboro Main Library – Board Room 2850 NE Brookwood Parkway
John Day	Friday, April 25 9:00 – 12:30	Outpost Pizza 201 W Main
Klamath Falls	Tuesday, March 11 9:00 – 12:30	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Wednesday, April 16 2:30 – 6:00	Lebanon Community Hospital – Room F 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Portland	Thursday, March 13 9:00 – 12:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland Class in Russian	Tuesday, March 25 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Wednesday, March 26 2:00 – 5:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Salem	Monday, March 10 1:30 – 5:00	Doubletree 1590 Weston Court NE <i>(I-5 and Market)</i>
Salem Class in Russian	Wednesday, March 19 2:00 – 5:30	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
The Dalles	Thursday, April 3 1:00 – 4:30	Comfort Inn Columbia Gorge 351 Lone Pine Drive <i>(at exit 87, behind McDonalds)</i>

***Please share this newsletter with your employers.
They are welcome to attend classes at no charge.***

PROFESSIONAL DEVELOPMENT RECOGNITION

The Professional Development Program recognizes Homecare Workers who attend training which includes core classes, safety, caregiving skills and CPR and First Aid. In addition, recipients have a no show rate for the trainings of less than 30%.

Workers with this award are noted on matched lists on the Registry & Referral System (RRS). To request an application, call us at 1-877-867-0077, option #2.

Congratulations to these workers who have recently earned the Professional Development award:

Andrea Frank, North Bend
Katherine Horton, Sweet Home
Cynthia LaChester, Portland
Natalya Osipovich, Salem
Tabitha Sprague, Dexter

Edith Gillis, Portland
Nataliia Kaminska, Salem
Luella Larson, Springfield
Yvonne Palmer, Coos Bay
Yelena Statsenko, Salem

CPR TRAINING FOR ALL WORKERS

The Home Care Commission will cover the cost of Adult CPR & First Aid training for Homecare Workers **AND** Personal Support Workers who have completed two Home Care Commission training classes (not including MoneyWise), have worked within the three months prior to the request, and do not have a no-show rate for HCC training classes of over 30%. If the Commission has previously paid for your CPR/First Aid, you will need to have taken additional trainings since that time.

If you are interested, application forms are available at all training classes. Or, you may send a written request to CPR; Home Care Commission; 676 Church St NE; Salem, OR 97301, or send an email to Training.OHCC@state.or.us. Provide your name, address, county, phone number and provider number. List the Home Care Commission trainings you have attended. You will be contacted with information about how to sign up for CPR in your area. You are not paid for your time at the class. You must get approval prior to signing up or attending a class.

NOTE: PSWs should indicate on the CPR application what program you are working under. And if not paid through a state payment system, you will have to provide proof of employment during one of the previous three months.

BLINDNESS & LOW VISION – 3 hours

An overview of eye diseases and vision loss; techniques for working with someone sight-impaired; being a sighted guide; helping someone to live independently; resources and adaptive equipment for use in the home. **H/IC, P**

City	Date/Time	Location
Medford	Wednesday, March 12 10:00 – 1:00	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Salem	Thursday, March 13 2:00 – 5:00	Red Lion 3301 Market Street NE

CHALLENGING BEHAVIORS – 3 hours

Practical information about cognitive issues and challenging behaviors, the causes, understanding the problems, and communication ideas. **H/IC, F**

City	Date/Time	Location
Coos Bay	Saturday, April 12 5:00 – 8:00	Red Lion 1313 N Bayshore
Klamath Falls	Friday, April 18 10:00 – 1:00	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Wednesday, April 16 10:00 – 1:00	Lebanon Community Hospital – Room F 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Ontario	Thursday, March 20 9:00 – 12:00	Four Rivers Cultural Center 676 SW 5th Avenue
Oregon City	Friday, March 7 1:00 – 4:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Saturday, April 5 9:00 – 12:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>

Do you wear fragrances???

Be aware that other people may have odor sensitivities and sitting in close quarters in a class can cause problems. Please leave your fragrances at home on training days.

DEMENTIA & ALZHEIMER'S – 4 hours

Joyce Beedle, RN, BSN, is a nationally-known expert on Alzheimer's and dementia. You'll learn early signs of dementia, the progression of Alzheimer's disease, and practical tips for daily care. **H/IC, P, F**

City	Date/Time	Location
Albany	Tuesday, April 8 10:00 – 2:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Lincoln City	Thursday, April 24 9:00 – 1:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Medford	Thursday, March 13 1:00 – 5:00	Inn at the Commons 200 N Riverside Avenue
Oregon City	Tuesday, March 18 12:00 – 4:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Wednesday, April 9 2:00 – 6:00	Ambridge Event Center – Sellwood Room 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Roseburg	Wednesday, March 12 1:00 – 5:00	EconoLodge 2855 NW Edenbower Boulevard

DIABETES BY THE NUMBERS 3.5 hours

Learn the basics about diabetes effects and warning signs, food choices and portions, reading labels, planning menus and understanding glucose readings. **H/IC, P, F**

City	Date/Time	Location
Albany	Monday, April 7 1:30 – 5:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Lincoln City	Wednesday, April 23 1:30 – 5:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Salem Class in Russian	Thursday, March 27 3:00 – 6:30 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

TRAINING FOR PERSONAL SUPPORT WORKERS

We are pleased to welcome Joan Medlen as the new PSW Training Coordinator. Personal Support Workers (PSW) may attend any of the trainings and there are currently 16 classes offered in this newsletter that are approved for PSWs to receive the stipend. We will be creating new classes – and revising current ones – with you in mind. We are also in the process of developing topics that are designed to build skills focused on PSWs.

If you have topics of interest or see an unmet need, please feel free to contact Joan. Joan.E.Medlen@state.or.us

DIVERSITY AWARENESS – CHALLENGES FACING LESBIAN, GAY, BISEXUAL, TRANSGENDER ADULTS – 3 hours

Learn terminology & definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive. **H/IC, P**

City	Date/Time	Location
Medford	Wednesday, March 12 2:30 – 5:30	Rogue Regency Inn 2300 Biddle Road (<i>I-5, Exit 30</i>)
Newport	Friday, March 7 1:30 – 4:30	Comfort Inn 531 SW Fall Street
Oregon City	Tuesday, April 8 10:00 – 1:00	Providence Willamette Falls Community Center 519 15th Street (<i>at Washington</i>)
Pendleton	Wednesday, April 2 10:00 – 1:00	Red Lion Hotel 304 SE Nye Avenue
Tigard	Saturday, March 22 2:00 – 5:00	Phoenix Inn 9575 SW Locust Street (<i>at Greenburg</i>)

3/5 = NUMBERS FOR EATING WELL

As a Personal Support or Homecare Worker, food is often central to the support you provide your employer. The other central piece to supporting people is “choice” especially when it comes to food. The two most important numbers in supporting people are three and five.

Rule #1: Eat every three to five hours.

Adults (and kids) do best if they do not wait more than five hours between meals. Keeping this in mind as you plan your activities will help you avoid issues related to being overly hungry. If you are working with someone and know it will be six hours between lunch and dinner, plan time to offer a snack or take one with you.

Rule #2: When preparing a meal, encourage choosing three of the five food groups, unless the person you support is following a special diet. It doesn’t matter what those foods are, really. If the person you support chooses Refried Beans, Sweet and Sour Chicken, and Applesauce, does it fit? Sure does! Choosing three of the five food groups (or more) for a meal means that, generally speaking, it’s balanced. There’s some protein, some carbohydrate, and some fat. That’s the goal. There’s a lot of leeway within these parameters.

Remember, the choice is not yours. The choice is your employers. Share your concerns for balance and eating in a timely manner and support their decisions without micromanaging. Start with balance.

This is a very broad guideline, which does not address any specific situation, nor is it medical advice. If there are medical concerns related to food and nutrition, share them with your employer or their personal agent or case manager.

DURABLE MEDICAL EQUIPMENT – 3 hours

Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lift, and other medical equipment. Tips for choosing, fitting & using devices. **H/IC, P, F**

City	Date/Time	Location
Burns	Wednesday, March 26 9:00 – 12:00	DHS Office – Steens Room 809 W Jackson
Eugene	Thursday, April 3 2:00 – 5:00	Phoenix Inn Suites 850 Franklin Boulevard
Hermiston	Wednesday, April 16 9:00 – 12:00	Oxford Suites 1050 North First Street
La Grande	Thursday, April 17 2:00 – 5:00	Blue Mountain Conference Center 404 12th Street
Newport	Friday, March 7 9:00 – 12:00	Comfort Inn 531 SW Fall Street
Portland	Saturday, April 26 12:00 – 3:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Roseburg	Wednesday, April 2 2:00 – 5:00	Econo Lodge 2855 NW Edenbower Blvd <i>(at exit 127)</i>
Salem	Thursday, April 10 9:00 – 12:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>

END OF LIFE CARE – 4 hours

An overview of end of life care, including: the dying process; pain and symptom considerations; advanced planning; & spiritual, emotional, and social concerns. **H/IC, P, F**

City	Date/Time	Location
Bend	Monday, April 21 8:30 – 12:30	Doubletree (former Phoenix Inn) 300 NW Franklin
Clackamas	Tuesday, March 11 9:30 – 1:30	New Hope Church -- Fireside Room 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Eugene / Springfield	Friday, March 28 9:30 – 1:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Roseburg	Tuesday, March 18 9:30 – 1:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Salem	Friday, April 4 8:30 – 12:30	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
Tigard	Wednesday, April 2 8:30 – 12:20	Embassy Suites Washington Square 9000 SW Washington Square Road

GRIEF AND LOSS – 3 ½ hours

Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself. **H/IC, P, F**

City	Date/Time	Location
Bend	Monday, April 21 2:00 – 5:30	Doubletree (former Phoenix) 300 NW Franklin
Clackamas	Tuesday, March 11 3:00 – 6:30	New Hope Church -- Fireside Room 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)
Eugene / Springfield	Friday, March 28 3:00 – 6:30	Holiday Inn 919 Kruse Way, Springfield (I-5 exit 195A, behind Comfort Inn)
Roseburg	Tuesday, March 18 3:00 – 6:30	Holiday Inn 375 Harvard Boulevard (at Exit 124)
Salem	Friday, April 4 2:00 – 5:30	Doubletree 1590 Weston Court NE (at I-5 and Market)
Tigard	Wednesday, April 2 2:00 – 5:30	Embassy Suites Washington Square 9000 SW Washington Square Road

HEART HEALTHY – 3 hours

How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle. **H/IC, P, F**

City	Date/Time	Location
Albany	Thursday, April 24 10:00 – 1:00	Phoenix Inn 3410 Spicer Drive SE (at exit 233)
Beaverton	Friday, April 4 10:00 – 1:00	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes)
Coos Bay	Saturday, April 26 1:00 – 4:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Eugene	Saturday, March 8 1:00 – 4:00	Phoenix Inn Suites 850 Franklin Boulevard
Portland	Wednesday, March 26 1:00 – 4:00	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (at Tenino)
Portland Class in Russian	Wednesday, April 23 2:00 – 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Redmond	Friday, March 7 1:00 – 4:00	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Friday, April 25 9:00 – 12:00	Holiday Inn 375 Harvard Boulevard (at Exit 124)
Salem Class in Russian	Thursday, March 27 11:00 – 2:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)
St. Helens	Tuesday, March 18 1:00 – 4:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

HELPING CAREGIVERS FIGHT FRAUD & ABUSE – 3 ½ hours

Recognizing & reporting abuse & neglect of older and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources. **H/IC**

City	Date/Time	Location
Eugene/ Springfield	Tuesday, March 25 1:00 – 4:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Roseburg	Tuesday, April 22 2:00 – 5:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Seaside	Friday, April 25 1:30 – 5:00	Rivertide Suites 102 N Holladay <i>(at 1st, across from Convention Center)</i>

KEEPING IT PROFESSIONAL – 3 ½ hours

The role of the HCW in setting professional boundaries and working with the task list, when and how to keep things confidential and recordkeeping tips. **H/IC**

City	Date/Time	Location
Coos Bay	Saturday, April 12 12:00 – 3:30	Red Lion 1313 N Bayshore
Corvallis	Thursday, April 10 12:00 – 3:30	Holiday Inn Express on the River 781 NE 2nd
La Grande	Thursday, April 17 9:00 – 12:30	Blue Mountain Conference Center 404 12th Street
Portland	Wednesday, April 9 9:00 – 12:30	Ambridge Event Center – Sellwood Room 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Redmond	Tuesday, April 15 3:00 – 6:30	Super 8 Hwy 97 3629 SW 21st Place
Salem	Thursday, March 13 9:00 – 12:30	Red Lion 3301 Market Street NE
St. Helens	Thursday, April 24 2:30 – 6:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Saturday, March 22 9:00 – 12:30	Phoenix Inn 9575 SW Locust Street <i>(at Greenburg)</i>

If you are NOT a Homecare Worker, Personal Support Worker or someone receiving services:

Guest registration is open 7 days before each class until noon one business day prior to the class. There is a fee for the classes and payment must be paid before attending. To register: go to: <https://ilearn.oregon.gov>. If you are a new user, click on "Create a New Account". Select "Not a State Employee" as the type. To find Home Care Commission classes, select Learning Center, then Course Catalog. Search **OHCC** to find open classes. Classes with "F" at the end of the description in this newsletter are approved for Adult Foster Home CEUs.

MEDICATION SAFETY – 3 hours

Types and effects of medications; assisting with documentation, storage; recognizing risks and warning signs; the role of the homecare worker. **H/IC, P**

City	Date/Time	Location
Bend	Tuesday, April 22 9:00 – 12:00	Doubletree (former Phoenix Inn) 300 NW Franklin
Corvallis	Friday, March 14 1:00 – 4:00	Holiday Inn Express on the River 781 NE 2nd
Gladstone	Monday, March 31 5:30 – 8:30	Holiday Inn Express (former Oxford) 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Grants Pass	Wednesday, April 23 1:00 – 4:00	Redwood Hyperion Suites Event Center 815 NE 6th Street
Hermiston	Friday, April 11 11:00 – 2:00	Oxford Suites 1050 North First Street
Portland	Wednesday, April 23 10:00 – 1:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Roseburg	Monday, March 17 5:30 – 8:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Salem	Tuesday, April 15 2:30 – 5:30	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
The Dalles	Thursday, April 10 5:00 – 8:00	Comfort Inn Columbia Gorge 351 Lone Pine Drive <i>(at exit 87, behind McDonalds)</i>

MONEYWISE – 3 hours

Setting financial goals, budgeting, and resources for managing your money.
(This class is for personal use, NOT for helping employers with finances) **H/IC, P**

City	Date/Time	Location
Florence	Tuesday, April 8 1:30 – 4:30	Florence Events Center 715 Quince
Grants Pass	Thursday, March 27 5:30 – 8:30	Club Northwest 2160 NW Vine
Ontario	Thursday, April 24 2:30 – 5:30	Four Rivers Cultural Center 676 SW 5th Avenue
Oregon City	Monday, March 10 1:30 – 4:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Sunday, April 27 4:30 – 7:30	Red Lion Convention Center 1021 NE Grand Avenue <i>(Pick up a free prkng pass at front desk)</i>
Redmond	Friday, March 28 2:30 – 5:30	Super 8 Hwy 97 3629 SW 21st Place
Salem	Tuesday, March 25 4:00 – 7:00	Phoenix Inn South 4370 Commercial Street SE

PREVENTING DISEASE TRANSMISSION – 2 hours

Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases. **H/IC, P, F**

City	Date/Time	Location
Beaverton	Friday, March 28 3:30 – 5:30	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Coos Bay	Saturday, March 22 6:30 – 8:30	Red Lion 1313 N Bayshore
Eugene	Wednesday, April 9 4:30 – 6:30	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Friday, March 28 10:00 – 12:00	Club Northwest 160 NW Vine
Gresham	Friday, April 25 3:00 – 5:00	Sheraton Four Points 1919 NE 181 st <i>(near Francis Xavier restaurant)</i>
La Grande	Wednesday, March 19 2:00 – 4:00	Blue Mountain Conference Center 404 12th Street
Lebanon	Wednesday, March 26 2:00 – 4:00	Santiam Place 139 Main Street (Hwy 20)
Medford	Monday, April 7 1:30 – 3:30	Inn at the Commons 200 N Riverside Avenue
Newport	Friday, April 11 10:00 – 12:00	Embarcadero Hotel Commodore Room off restaurant 1000 SE Bay Road
Oregon City	Monday, April 21 10:00 – 12:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Prineville	Saturday, March 22 1:30 – 3:30	Stafford Inn 1773 NE 3rd St (Hwy 26)
St. Helens	Tuesday, March 25 10:00 – 12:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
The Dalles	Thursday, April 3 6:00- 8:00	Comfort Inn Columbia Gorge 351 Lone Pine Drive <i>(at exit 87, behind McDonalds)</i>

REGISTRY & REFERRAL SYSTEM (RRS)

You will notice that the Registry is changing. To log in, first click on the program area. All of the information in the old RRS is the same, but individual screens look different and you'll click on tabs at the top to find the screen you need.

Be sure to update your profile at least every **30** days if you are looking for work.

Add a Personal Statement on your Personal Information screen (up to 2500 characters) to include special training, certifications, interests and skills.

PROTECT AGAINST SPRAINS AND STRAINS – 3 ½ hours

Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment. **H/IC, P, F**

City	Date/Time	Location
Clackamas	Thursday, March 27 2:30 – 6:00	New Hope Church -- Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Coos Bay	Saturday, March 22 1:30 – 5:00	Red Lion 1313 N Bayshore
Eugene	Thursday, April 3 9:00 – 12:30	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Monday, April 28 9:00 – 12:30	Club Northwest 2160 NW Vine
La Grande	Wednesday, March 19 9:00 -12:30	Blue Mountain Conference Center 404 12th Street
Lebanon	Wednesday, March 26 9:00 – 12:30	Santiam Place 139 Main Street (Hwy 20)
Newport	Friday, April 11 1:30 – 5:00	Embarcadero Hotel Commodore Room off restaurant 1000 SE Bay Road
Portland	Sunday, April 27 11:30 – 3:00	Red Lion Convention Center 1021 NE Grand Avenue <i>(Pick up a free prkng pass at front desk)</i>
Portland Class in Russian	Thursday, April 24 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Friday, April 25 2:00 – 5:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Roseburg	Wednesday, April 2 9:00 – 12:30	Econo Lodge 2855 NW Edenbower Boulevard
Salem Class in Russian	Wednesday, April 30 2:00 – 5:30 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

READY ★ SET ★ WORK – 4 hours

Create a professional marketing approach to finding work in home care; how to use the Registry & Referral System; and what you should do before starting a job.

NOTE: Homecare Workers do not need to have worked to qualify for training pay.

H/IC, P

City	Date/Time	Location
Albany	Friday, March 21 10:00 – 2:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Beaverton	Friday, March 28 10:00 – 2:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Brookings	Wednesday, April 30 9:00 – 1:00	Best Western Beachfront Inn 16008 Boat Basin Road
Klamath Falls	Monday, March 10 1:00 – 5:00	Best Western Olympic Inn 2627 S Sixth Street
Lincoln City	Thursday, March 13 10:00 – 2:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Oregon City	Monday, April 21 1:30 – 5:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Pendleton	Wednesday, April 2 2:30 – 6:30	Red Lion Hotel 304 SE Nye Avenue
Redmond	Friday, March 28 9:00 – 1:00	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Friday, April 18 9:00 – 1:00	Econo Lodge 2855 NW Edenbower Boulevard <i>(at exit 127)</i>
St. Helens	Tuesday, March 25 1:30 – 5:30	Best Western Oak Meadows Inn 585 S Columbia River Highway

CONFIDENTIALITY BEST PRACTICES

- Do NOT let anyone but your employer see your voucher. If someone else is delivering it to the office, put it in a sealed envelope.
- Do NOT give your employer's name as a reference (unless they have given permission) or on a rental or loan application.
 - If using a pay stub as proof of employment, black out the employer's name.
- Do NOT talk about your employer to his/her family members – or to yours.
- Do NOT share medical information about the employer with a landlord.
- Do NOT share any information about your employer with clergy, prayer groups, neighbors, or friends without permission

RESPIRATORY CARE: OXYGEN TO VENTILATORS – 3 ½ hours

End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.

H/IC, P, F

City	Date/Time	Location
Coos Bay	Monday, April 21 9:00 – 12:30	Red Lion 1313 N Bayshore
Grants Pass	Tuesday, March 18 1:00 – 4:30	Redwood Hyperion Suites Event Center 815 NE 6th Street
Portland	Monday, March 3 12:30 – 4:00	Holiday Inn Airport 8439 NE Columbia Boulevard
Portland	Monday, March 3 5:30 – 9:00	Holiday Inn Airport 8439 NE Columbia Boulevard
Roseburg	Monday, March 31 1:00 – 4:30	Holiday Inn 375 Harvard Boulevard (at Exit 124)

S. M. A. R.T. – 3 hours

Stress Management And Relaxation Techniques

Understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress. **H/IC, P, F**

City	Date/Time	Location
Burns	Wednesday, March 26 1:30 – 4:30	DHS Office – Steens Room 809 W Jackson
Coos Bay	Wednesday, April 16 5:30 – 8:30	Red Lion 1313 N Bayshore
Hermiston	Saturday, March 22 2:00 – 5:00	Oxford Suites 1050 North First Street
Klamath Falls	Thursday, April 17 3:00- 6:00	Best Western Olympic Inn 2627 S Sixth Street
Portland	Thursday, March 13 2:00 – 5:00	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)
Prineville	Saturday, March 22 9:00 – 12:00	Stafford Inn 1773 NE 3rd St (Hwy 26)
Rosebug	Thursday, April 17 5:30 – 8:30	Econo Lodge 2855 NW Edenbower Blvd (at exit 127)
Salem	Thursday, April 10 1:30 – 4:30	Doubletree 1590 Weston Court NE (at I-5 and Market)
The Dalles	Thursday, March 20 1:30 – 4:30	Cousins Country Inn 2114 W 6th Street
Tigard	Tuesday, April 22 6:00 – 9:00	Phoenix Inn 9575 SW Locust Street (at Greenburg)

SUBSTANCE ABUSE AWARENESS – 3 hours

Review the OHCC Drug-Free Workplace policy for homecare workers, learn the impact of drug and alcohol abuse, the role of the HCW, and resources for help. **H/IC**

City	Date/Time	Location
Clackamas	Thursday, March 27 10:00 – 1:00	New Hope Church -- Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Coos Bay	Wednesday, April 16 1:00 – 4:00	Red Lion 1313 N Bayshore
Eugene	Wednesday, March 5 1:30 – 4:30	Phoenix Inn Suites, 850 Franklin Boulevard
Hermiston	Wednesday, April 16 1:30 – 4:30	Oxford Suites 1050 North First Street
John Day	Friday, April 25 2:00 – 5:00	Outpost Pizza 201 W Main
Lincoln City	Thursday, March 13 3:30 – 6:30	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Portland	Tuesday, April 29 9:00 – 12:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
St. Helens	Thursday, April 24 10:00 – 1:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
The Dalles	Thursday, March 20 9:00 – 12:00	Cousins Country Inn 2114 W 6th Street

T. R. I. P. S. – 3 hours

Taking Responsibility In Personal Safety

Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips. **H/IC, P**

City	Date/Time	Location
Albany	Friday, March 21 3:30 – 6:30	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Astoria	Saturday, April 5 9:00 – 12:00	Best Western 555 Hamburg Avenue <i>(at the roundabout)</i>
Brookings	Wednesday, April 30 2:30 – 5:30	Best Western Beachfront Inn 16008 Boat Basin Road
Eugene	Wednesday, March 5 9:00 – 12:00	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Monday, April 28 2:00 – 5:00	Club Northwest 2160 NW Vine
Ontario	Thursday, March 20 1:30 – 4:30	Four Rivers Cultural Center 676 SW 5th Avenue
Oregon City	Monday, March 10 9:00 – 12:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
<i>More TRIPS classes on next page</i>		

<i>More TRIPS classes</i>		
Portland	Tuesday, April 29 1:30 – 4:30	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Redmond	Tuesday, April 29 2:00 – 5:00	Super 8 Hwy 97 3629 SW 21st Place

WORKING TOGETHER – 3 hours

Making the most of the Employer – Employee Relationship

Assertive communication and problem solving techniques for employers & workers;
clarifying expectations; using person-directed values, language. **H/IC**

City	Date/Time	Location
Astoria	Saturday, April 5 1:30 – 4:30	Best Western 555 Hamburg Avenue (at the roundabout)
Coos Bay	Tuesday, March 11 10:00 – 1:00	Red Lion 1313 N Bayshore
Corvallis	Thursday, April 10 5:00 – 8:00	Holiday Inn Express on the River 781 NE 2nd
Eugene	Wednesday, April 9 12:00 – 3:00	Phoenix Inn Suites 850 Franklin Boulevard
Florence	Tuesday, April 8 9:00 – 12:00	Florence Events Center 715 Quince Street
Hermiston Class in Spanish	Saturday, April 5 9:00 – 12:00 Esta clase in Espanol	Oxford Suites 1050 North First Street
Hillsboro Class in Spanish	Saturday, April 26 9:00 – 12:00 Esta clase in Espanol	Hillsboro Main Library – Board Room 2850 NE Brookwood Parkway
Medford	Monday, April 7 9:00 – 12:00	Inn at the Commons 200 N Riverside Avenue
Ontario	Thursday, April 24 10:00 – 1:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Thursday, March 6 5:30 – 8:30	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (at Tenino)
Salem	Monday, March 10 9:00 – 12:00	Doubletree 1590 Weston Ct. NE (at I-5 and Market)

The Home Care Commission does not provide refreshments at any of the classes. You are welcome to bring your own

TRAININGS AT-A-GLANCE

MARCH 2014

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 RC 12:30-4 & 5:30 - 9 <i>Portland</i>	4	5 TRIPS 9-12 <i>Eugene</i> SAA 1:30-4:30 <i>Eugene</i>	6 WT 5:30-8:30 <i>Portland</i>	7 DME 9-12 <i>Newport</i> LGBT 1:30-4:30 <i>Newport</i> CB 1-4 <i>O City</i> HH 1-4 <i>Redmond</i>	8 HH 1-4 <i>Eugene</i>
9	10 TRIPS 9-12 <i>O City</i> MW 1:30-4:30 <i>Oregon City</i> WT 9-12 <i>Salem</i> B&G 1:30-5 <i>Salem</i> RSW 1-5 <i>K Falls</i>	11 B&G 9-12:30 <i>Klamath Falls</i> ELC 9:30-1:30 <i>Clackamas</i> G-L 3-6:30 <i>Clackamas</i> WT 10-1 <i>Coos Bay</i> B&G 2:30-6 <i>Coos Bay</i>	12 BLV 10-1 <i>Medford</i> LGBT 2:30-5:30 <i>Medford</i> D-A 1-5 <i>Roseburg</i>	13 B&G 9-12:30 <i>Portland</i> SMART 2-5 <i>Portland</i> KIP 9-12:30 <i>Salem</i> BLV 2-5 <i>Salem</i> RSW 10-2 <i>Lincoln City</i> SAA 3:30-6:30 <i>Lincoln City</i> D-A 1-5 <i>Medf</i>	14 MedS 1-4 <i>Corvallis</i>	15
16	17 MedS 5:30-8:30 <i>Roseburg</i>	18 ELC 9:30- 1:30 <i>Roseburg</i> G-L 3-6:30 <i>Roseburg</i> D-A 12-4 <i>Oregon City</i> RC 1-4:30 <i>Grants Pass</i> HH 1-4 <i>St. Helens</i>	19 PASS 9-12:30 <i>La Grande</i> PDT 2-4 <i>La Grande</i> B&G-Russian 2-5:30 <i>Salem</i>	20 CB 9-12 <i>Ontario</i> TRIPS 1:30-4:30 <i>Ontario</i> SAA 9-12 <i>The Dalles</i> SMART 1:30-4:30 <i>The Dalles</i>	21 RSW 10-2 <i>Albany</i> TRIPS 3:30-6:30 <i>Albany</i>	22 B&G 9-12:30 <i>Hermtn</i> SMART 2-5 <i>Hermiston</i> SMART 9-12 <i>Prineville</i> PDT 1:30-3:30 <i>Prineville</i> KIP 9-12:30 <i>Tigard</i> LGBT 2-5 <i>Tigard</i> PASS 1:30-5 <i>Coos Bay</i> PDT 6:30-8:30 <i>Coos Bay</i>
23	24	25 PDT 10-12 <i>St. Helens</i> RSW 1:30-5:30 <i>St. Helens</i> F-A 1-4:30 <i>Eugene/Spgfld</i> MW 4-7 <i>Salem</i> B&G-Russian 5-8:30 <i>Ptd</i>	26 DME 9-12 <i>Burns</i> SMART 1:30-4:30 <i>Burns</i> PASS 9-12:30 <i>Lebanon</i> PDT 2-4 <i>Lebanon</i> HH 1-4 <i>Portland</i> B&G-Russian 2-5:30 <i>Portland</i>	27 SAA 10-1 <i>Clackamas</i> PASS 2:30-6 <i>Clackamas</i> HH-Russian 11-2 <i>Salem</i> DBN-Russian 3-6:30 <i>Salem</i> MW 5:30-8:30 <i>Grants Pass</i>	28 ELC 9:30- 1:30 <i>Eugene/Sp</i> G-L 3-6:30 <i>Eugene/Spgfld</i> RSW 10-2 <i>Bvtn</i> PDT 3:30-5:30 <i>Beaverton</i> RSW 9-1 <i>Redmond</i> MW 2:30-5:30 <i>Redmond</i> PDT 10-12 <i>G P</i>	29
30	31 RC 1-4:30 <i>Roseburg</i> MedS 5:30-8:30 <i>Gladstone</i>					

B&G – Bathing & Grooming BLV- Blind Low Vision CB – Challenging Behaviors D-A - Dementia
 LGBT – Diversity-Lesbian/Gay... DBN – Diabetes by the Numbers DME – Durable Medical Equipment
 ELC – End of Life Care F-A –Fraud & Abuse G-L – Grief & Loss HH – Heart Healthy
 KIP – Keeping It Professional MedS – Medication Safety MW – MoneyWise
 PASS – Protect Against Sprains & Strains PDT – Preventing Disease Transmission RC – Respiratory Care
 RSW – Ready Set Work SAA – Substance Abuse Awareness SMART – Stress Management
 TRIPS – Taking Responsibility in Personal Safety WT – Working Together

TRAININGS AT-A-GLANCE

APRIL 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 ELC 8:30-12:30 <i>Tigard</i> G-L 2-5:30 <i>Tigard</i> PASS 9-12:30 <i>Roseburg</i> DME 2-5 <i>Roseburg</i> LGBT 10-1 <i>Pendelton</i> RSW 2:30-6:30 <i>Pendleton</i>	3 PASS 9-12:30 <i>Eugene</i> DME 2-5 <i>Eugene</i> B&G 1-4:30 <i>The Dalles</i> PDT 6-8 <i>The Dalles</i>	4 ELC 8:30-12:30 <i>Salem</i> G-L 2-5:30 <i>Salem</i> HH 10-1 <i>Beaverton</i>	5 TRIPS 9-12 <i>Astoria</i> WT 1:30-4:30 <i>Astoria</i> CB 9-12 <i>Portland</i> WT-Spanish 9-12 <i>Hermtn</i> B&G-Spanish 1:30-5 <i>Hermiston</i>
6	7 WT 9-12 <i>Medford</i> PDT 1:30-3:30 <i>Medford</i> DBN 1:30-5 <i>Albany</i>	8 WT 9-12 <i>Florence</i> MW 1:30-4:30 <i>Florence</i> D-A 10-2 <i>Albany</i> LGBT 10-1 <i>Oregon City</i>	9 KIP 9-12:30 <i>Portland</i> D-A 2-6 <i>Portland</i> WT 12-3 <i>Eugene</i> PDT 4:30-6:30 <i>Eugene</i>	10 DME 9-12 <i>Salem</i> SMART 1:30-4:30 <i>Salem</i> KIP 12-3:30 <i>Corvallis</i> WT 5-8 <i>Corv</i> MedS 5-8 <i>The Dalles</i>	11 PDT 10-12 <i>Newport</i> PASS 1:30-5 <i>Newport</i> MedS 11-2 <i>Hermiston</i>	12 KIP 12-3:30 <i>Coos Bay</i> CB 5-8 <i>Coos Bay</i>
13	14	15 MedS 2:30-5:30 <i>Salem</i> KIP 3-6:30 <i>Redmond</i>	16 DME 9-12 <i>Hermiston</i> SAA 1:30-4:30 <i>Hermiston</i> CB 10-1 <i>Lebn</i> B&G 2:30-6 <i>Lebanon</i> SAA 1-4 <i>Coos</i> SMART 5:30-8:30 <i>Coos Bay</i>	17 KIP 9-12:30 <i>La Grande</i> DME 2-5 <i>La Grande</i> SMART 3-6 <i>Klamath Falls</i> SMART 5:30-8:30 <i>Roseburg</i>	18 RSW 9-1 <i>Roseburg</i> CB 10-1 <i>Klamath Falls</i>	19 B&G 9-12:30 <i>Eugene</i>
20	21 ELC 8:30-12:30 <i>Bend</i> G-L 2-5:30 <i>Bend</i> RC 9-12:30 <i>Coos Bay</i> PDT 10-12 <i>Oregon City</i> RSW 1:30-5:30 <i>Oregon City</i>	22 MedS 9-12 <i>Bend</i> F-A 2-5:30 <i>Roseburg</i> SMART 6-9 <i>Beaverton</i>	23 MedS 10-1 <i>Portland</i> HH-Russian 2-5 <i>Portland</i> MedS 1-4 <i>Grants Pass</i> DBN 1:30-5 <i>Lincoln City</i>	24 D-A 9-1 <i>Lincoln City</i> HH 10-1 <i>Albany</i> SAA 10-1 <i>St. Helens</i> KIP 2:30-6 <i>St. Helens</i> WT 10-1 <i>Ontario</i> MW 2:30-5:30 <i>Ontario</i> PASS-Russian 5-8:30 <i>Portland</i>	25 B&G 9-12:30 <i>John Day</i> SAA 2-5 <i>John Day</i> HH 9-12 <i>Roseburg</i> F-A 1:30-5 <i>Seaside</i> PDT 3-5 <i>Gresham</i> PASS-Russian 2-5:30 <i>Portland</i>	26 WT-Spanish 9-12 <i>Hillsboro</i> B&G-Spanish 1:30-5 <i>Hillsboro</i> DME 12-3 <i>Portland</i> HH 1-4 <i>Coos Bay</i>
27 PASS 11:30-3 <i>Portland</i> MW 4:30-7:30 <i>Portland</i>	28 PASS 9-12:30 <i>Grants Pass</i> TRIPS 2-5 <i>Grants Pass</i>	29 SAA 9-12 <i>Portland</i> TRIPS 1:30-4:30 <i>Portland</i> TRIPS 2-5 <i>Redmond</i>	30 RSW 9-1 <i>Brookings</i> TRIPS 2:30-5:30 <i>Brookings</i> PASS-Russian 2-5:30 <i>Salem</i>			

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**676 Church Street NE
Salem, OR 97301**

Here is your Homecare Worker Training News!!