



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

JUNE 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 16 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. Workers in
continued on next page.

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

the Independent Choices Program may be paid for classes marked with "ICP". 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. ICP workers must provide a pay stub or statement from their employer.

These payments are not 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 payment 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/ICP, P, F**

City	Date/Time	Location
Astoria	Tuesday, July 8 9:00 – 12:30	Holiday Inn Express 204 W Marine Drive
Clackamas	Tuesday, June 24 9:00 – 12:30	New Hope Church – Room 151-152 11731 SE Stevens (<i>N of Sunnyside road, enter from rear parking lot facing freeway</i>)
Coos Bay	Thursday, June 19 1:30 – 5:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Corvallis	Tuesday, June 17 11:00 – 1:30	Holiday Inn Express on the River 781 NE 2nd
Eugene / Springfield	Tuesday, July 22 1:30 – 5:00	Holiday Inn 919 Kruse Way, Springfield (<i>I-5 exit 195A, behind Comfort Inn</i>)
Grants Pass	Friday, July 25 9:00 – 12:30	Club Northwest 2160 NW Vine
Joseph	Thursday, June 26 2:30 – 6:00	Point of Connection center 83346 Joseph Highway
Pendleton	Friday, June 27 2:30 – 6:00	Red Lion 304 SE Nye Avenue
Roseburg / Winston	Saturday, July 26 9:00 – 12:30	Wildlife Inn 251 NE Main Street, Winston
Tigard	Sunday, July 20 1:00 – 4:30	Phoenix Inn 9575 SW Locust Street (<i>at Greenburg</i>)
Vernonia	Wednesday, July 9 9:30 – 1:00	Community Learning Center 939 Bridge Street

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/ICP, P**

City	Date/Time	Location
Coos Bay	Thursday, June 12 9:00 – 12:00	Red Lion 1313 N Bayshore

FALL SAFETY

Six out of every 10 falls happen in the home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes. Here are a few:

- remove or avoid safety hazards
- improve lighting
- install handrails and grab bars
- move items to make them easier to reach

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 4 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 or fax to: 503-378-5886. 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. Requests are processed twice a month, so please allow a few weeks to hear from us.

NOTE: PSWs not paid through a state payment system will have to provide proof of employment during one of the previous three months.

PROFESSIONAL DEVELOPMENT RECOGNITION

Active Homecare Workers are eligible to earn a pin or key chain to recognize commitment to training. To receive this recognition, you must complete:

- Core classes: Keeping It Professional, Working Together, and Helping Caregivers Fight Fraud and Abuse
- Two safety training classes (PASS, PDT, or TRIPS)
- Two additional caregiving or skills classes
- Adult CPR and First Aid

In addition, you may not have a no show rate of more 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:

Greg Adams, Scio
Karen Bitz, Molalla
Teri Hearrell, Happy Valley
Adell Johnson-Strom, Springfield
Andrew Mangels, Portland
Richard Merritt, Burns
Linda Smith, Salem

Barbra Bedard, Eugene
Bonnie Donahue, Florence
Dora Heinen, Klamath Falls
Tori Lanphear-Fallau, Vernonia
Clariza Merritt, Burns
Ruth Roozing Grimsrud, Vernonia
Sylvia Stephens, Hammond

CHALLENGING BEHAVIORS – 3 hours

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

City	Date/Time	Location
Burns	Tuesday, July 8 10:-00 – 1:00	Burns City Hall 242 S Broadway
Eugene	Wednesday, July 16 9:00 – 12:00	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Tuesday, June 10 10:00 – 1:00	The Lodge Meeting Space – Oak Room 900 SE 8th Street
La Grande	Wednesday, July 9 11:00 – 2:00	Blue Mountain Conference Center 404 12th Street
Oregon City	Monday, June 2 10:00 – 1:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Tuesday, July 1 10:00 – 1:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Roseburg / Winston	Saturday, July 26 2:00 – 5:00	Wildlife Inn 251 NE Main Street, Winston
Salem	Tuesday, June 3 3:30 – 6:30	Days Inn Black Bear 1600 Motor Court NE <i>(off Market Street, next to Fred Meyer)</i>

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/ICP, P, F**

City	Date/Time	Location
Beaverton	Tuesday, June 3 10:00 – 2:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Coos Bay	Wednesday, July 9 2:00 – 6:00	Red Lion 1313 N Bayshore
Corvallis	Thursday, July 10 12:00 – 4:00	Holiday Inn Express on the River 781 NE 2nd
Eugene	Thursday, June 5 2:00 – 6:00	Phoenix Inn Suites 850 Franklin Boulevard
La Grande	Tuesday, July 22 1:30 – 5:30	Blue Mountain Conference Center 404 12th Street
Ontario	Wednesday, July 23 2:00 – 6:00	Clarion Inn 1249 Tapadera Avenue

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

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/ICP, P, F**

City	Date/Time	Location
Coos Bay	Wednesday, July 9 9:00 – 12:30	Red Lion 1313 N Bayshore
Corvallis	Friday, July 11 10:00 – 1:30	Holiday Inn Express on the River 781 NE 2nd
Eugene	Thursday, June 5 8:30 – 12:00	Phoenix Inn Suites 850 Franklin Boulevard
La Grande	Friday, July 25 11:30 – 3:00	Blue Mountain Conference Center 404 12th Street
Ontario	Thursday, July 24 8:30 – 12:00	Clarion Inn 1249 Tapadera Avenue
Portland Class in Russian	Thursday, June 12 1:00 – 4:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Friday, June 13 9:00 – 12:30	Ambridge Event Center – St. Johns room 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>

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/ICP, P**

City	Date/Time	Location
Coos Bay	Wednesday, June 11 3:00 – 6:00	Red Lion 1313 N Bayshore
Eugene	Wednesday, June 18 1:30 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard
Hermiston	Wednesday, July 23 2:30 – 5:30	Hermiston Conference Center 415 S Highway 395
Hillsboro	Tuesday, June 17 10:00 – 1:00	Hillsboro Main Library 2850 NE Brookwood Parkway
Lebanon	Monday, July 21 3:30 – 6:30	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Lincoln City	Thursday, July 17 2:30 – 5:30	Liberty Inn 4990 Hogan Road
Portland	Tuesday, July 1 2:30 – 5:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Tillamook	Tuesday, July 15 2:00 – 5:00	NW Senior & Disability Services 5010 E 3rd <i>(park across the street or in DHS lot)</i>

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/ICP, P, F**

City	Date/Time	Location
Astoria	Tuesday, July 8 2:00 – 5:00	Holiday Inn Express 204 W Marine Drive
Bend	Thursday, June 12 4:30 – 7:30	Doubletree 300 NW Franklin
Clackamas	Tuesday, July 29 1:00 – 4:00	New Hope Church – Room 151-152 11731 SE Stevens (<i>N of Sunnyside road, enter from rear parking lot facing freeway</i>)
Eugene	Wednesday, June 18 9:00 – 12:00	Phoenix Inn Suites 850 Franklin Boulevard
Newport	Thursday, June 19 10:00 – 1:00	Comfort Inn 531 SW Fall Street
Portland	Tuesday, June 10 5:00 – 8:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Salem	Thursday, July 31 9:30 – 12:30	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
Tigard	Wednesday, June 25 2:00 – 5:00	Phoenix Inn 9575 SW Locust Street <i>(at Greenburg)</i>
Tillamook	Tuesday, July 15 9:30 – 12:30	NW Senior & Disability Services 5010 E 3rd <i>(park across the street or in DHS lot)</i>
Vernonia	Wednesday, July 9 3:00 – 6:00	Community Learning Center 939 Bridge Street

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/ICP, P, F**

City	Date/Time	Location
Eugene	Monday, June 9 10:00 – 2:00	Valley River Inn 1000 Valley River Way
Klamath Falls	Monday, June 2 9:00 – 1:00	Best Western Olympic Inn 2627 S Sixth Street
Newport	Tuesday, July 1 11:00 – 3:00	Embarcadero Hotel 1000 SE Bay Road
Oregon City	Friday, June 27 9:00 – 1:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Salem	Monday, July 7 10:00 – 2:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
St. Helens	Monday, June 30 9:00 – 1:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Tuesday, July 8 10:00 – 2:00	Phoenix Inn 9575 SW Locust Street <i>(at Greenburg)</i>

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/ICP, P, F**

City	Date/Time	Location
Eugene	Monday, June 9 3:30 – 7:00	Valley River Inn 1000 Valley River Way
Klamath Falls	Tuesday, June 3 8:30 – 12:00	Best Western Olympic Inn 2627 S Sixth Street
Newport	Tuesday, July 1 4:30 – 8:00	Embarcadero Hotel 1000 SE Bay Road
Oregon City	Friday, June 27 2:30 – 6:00	Providence Willamette Falls Community Center 519 15th Street (at Washington)
Salem	Monday, July 7 3:30 – 7:00	Doubletree 1590 Weston Court NE (at I-5 and Market)
St. Helens	Monday, June 30 2:30 – 6:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Tuesday, July 8 3:30 – 7:00	Phoenix Inn 9575 SW Locust Street (at Greenburg)

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/ICP, P**

City	Date/Time	Location
Baker City	Tuesday, July 8 1:30 – 5:00	Best Western 1 Sunridge Lane
Bend	Wednesday, July 30 2:00 – 5:30	Doubletree 300 NW Franklin
Hermiston	Tuesday, June 10 2:00 – 5:30	Hermiston Conference Center 415 S Highway 395
Klamath Falls	Thursday, July 31 2:00 – 5:30	Best Western Olympic Inn 2627 S Sixth Street
The Dalles	Wednesday, June 11 12:30 – 4:00	Cousins Country Inn 2114 W 6th

The Home Care Commission does not pay for refreshments or coffee at any of the classes. You are welcome to bring your own. Classes at hotels usually have water service; classes at offices, libraries, churches, etc. do not. Please do NOT take food or beverages from lobbies or breakfast rooms without paying first.

HEART HEALTHY – 3 hours

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

City	Date/Time	Location
Bend	Wednesday, June 18 2:00 – 5:00	Holiday Inn Express 20615 Grandview Drive
Burns/ Hines	Wednesday, June 11 6:00 – 9:00	BW Rory & Ryan Inn 534 Hwy 24, Hines
Clackamas	Saturday, June 7 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>
Eugene	Friday, June 27 10:00 – 1:00	Phoenix Inn Suites 850 Franklin Boulevard
Lebanon	Tuesday, July 1 10:00 – 1:00	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Ontario	Thursday, June 12 12:30 – 3:30	Four Rivers Cultural Center 676 SW 5th Avenue
Pendleton	Tuesday, June 17 1:00 – 4:00	Red Lion 304 SE Nye Avenue
Portland	Saturday, July 12 10:00 – 1:00	Holiday Inn Airport 8439 NE Columbia Boulevard
Roseburg	Wednesday, July 16 12:00 – 3:00	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Salem	Wednesday, July 2 1:00 – 4:00	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Salem Class in Russian	Thursday, July 24 3:00 – 6:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Tigard	Friday, July 11 2:00 – 5:00	Phoenix Inn 9575 SW Locust Street <i>(at Greenburg)</i>
Tillamook	Tuesday, July 8 12:00 – 3:00	NW Senior & Disability Services 5010 E 3rd Street

REGISTRY & REFERRAL SYSTEM (RRS)

Have you updated your availability?

Go to: www.or-hcc.org To log in, first click on the program area. 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.

Check the Help Wanted page for employer’s ads. ALWAYS check the details of the posting before calling to make sure it is a good job fit.

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/ICP, P**

City	Date/Time	Location
Albany	Wednesday, July 9 1:00 – 4:30	Holiday Inn Express 105 Opal Court NE <i>(off Knox Butte Road)</i>
John Day	Friday, June 27 9:00 – 12:30	Outpost Pizza 201 W Main Street
Medford	Saturday, June 28 9:00 – 12:30	Springhill Suites 1389 Center
Pendleton	Tuesday, July 8 10:00 – 1:30	Red Lion 304 SE Nye Avenue
Portland	Wednesday, July 23 5:00 – 8:30	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave <i>(at Tenino)</i>
Roseburg	Thursday, June 26 1:30 – 5:00	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Salem	Tuesday, June 3 10:30 – 2:00	Days Inn Black Bear 1600 Motor Court NE <i>(off Market Street, next to Fred Meyer)</i>
Tigard	Wednesday, June 25 9:00 – 12:30	Phoenix Inn 9575 SW Locust Street <i>(at Greenburg)</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/ICP, P**

City	Date/Time	Location
Hermiston	Friday, June 13 2:00 – 5:00	Oxford Suites 1050 North First Street
La Grande	Thursday, June 12 2:30 – 5:30	AG Service Center 10507 N. McAlister Road, Island City
Medford	Saturday, June 28 2:00 – 5:00	Springhill Suites 1389 Center
Oregon City	Wednesday, July 2 1:00 – 4:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Saturday, June 21 9:00 – 12:00	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave <i>(at Tenino)</i>

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/ICP, P**

City	Date/Time	Location
Albany	Thursday, June 26 2:00 – 5:00	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Beaverton	Thursday, July 10 5:30 – 8:30	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Burns/ Hines	Wednesday, June 11 1:30 – 4:30	BW Rory & Ryan Inn 534 Hwy 24, Hines
Klamath Falls	Monday, June 2 2:30 – 5:30	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Friday, July 11 3:00 – 6:00	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Lincoln City	Saturday, June 14 10:00 – 1:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Medford	Thursday, June 19 1:30 – 4:30	Inn at the Commons 200 N Riverside Avenue
Ontario	Thursday, June 12 5:00- 8:00	Four Rivers Cultural Center 676 SW 5th Avenue
Oregon City	Thursday, July 31 1:00 – 4:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Monday, June 16 2:00 – 5:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Prineville	Thursday, July 10 5:30 – 8:30	Stafford Inn 1773 NE 3rd St (Hwy 26)
Roseburg	Wednesday, July 16 4:30 – 7:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
Salem	Thursday, July 24 11:00 – 2:00	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

NUTRITION BASICS – 4 hours

Providing support to others often calls for understanding the basics of nutrition. In this interactive class you will learn about nutrient categories, meal timing, meal balance using person-centered strategies and tools to promote informed choices. Common nutrition-related concerns are also discussed. **H/ICP, P**

City	Date/Time	Location
Lincoln City	Saturday, June 14 2:00 – 6:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
McMinnville	Monday, July 21 12:00 – 4:00	Red Lion 2535 NE Cumulus <i>(across from hospital)</i>
Pendleton	Monday, June 23 8:30 – 12:30	Red Lion 304 SE Nye Avenue

H/ICP=Homecare Worker, Ind Choices; P=Personal Support Worker; F=Foster Home 1 1

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/ICP, P, F**

City	Date/Time	Location
Albany	Tuesday, June 10 9:00 – 12:30	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Eugene	Thursday, July 24 9:00 – 12:30	Phoenix Inn Suites 850 Franklin Boulevard
Hermiston Class in Spanish	Saturday, June 7 10:00 – 1:30 Esta clase en Español	Oxford Suites 1050 North First Street
Klamath Falls	Monday, July 14 9:30 – 1:00	Best Western Olympic Inn 2627 S Sixth Street
Oregon City	Monday, June 2 2:30 – 6:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Pendleton	Tuesday, July 8 3:00 – 6:30	Red Lion 304 SE Nye Avenue
Portland	Tuesday, July 15 9:00 – 12:30	Holiday Inn Airport 8439 NE Columbia Boulevard
Salem	Saturday, June 14 9:00 – 12:30	Doubletree 1590 Weston Court NE <i>(off Market)</i>
Woodburn Class in Spanish	Saturday, June 21 10:00 – 1:30 Esta clase en Español	Best Western 2887 Newberg Highway

PSW ORIENTATION – 3 hours

Personal Support Workers wishing to be referred on the Registry and Referral System must complete orientation. Topics discussed include: an overview of roles and responsibilities, benefits, payment systems, and using the RRS. Workers are NOT paid when attending. (HCWs receive orientation at local offices).

City	Date/Time	Location
Pendleton	Monday, June 23 2:00 – 5:00	Red Lion 304 SE Nye Avenue
Salem	Wednesday, June 4 9:00 – 12:00	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

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/ICP, P, F**

City	Date/Time	Location
Albany	Tuesday, June 10 2:00 – 4:00	Comfort Suites 100 Opal Court NE (off Knox Butte Road)
Coos Bay	Thursday, June 19 10:00 – 12:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Eugene	Thursday, July 24 2:00 – 4:00	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Monday, July 7 6:00 – 8:00	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11)
Hermiston	Friday, June 13 10:30 – 12:30	Oxford Suites 1050 North First Street
Hermiston Class in Spanish	Saturday, June 7 3:00 – 5:00 Esta clase en Español	Oxford Suites 1050 North First Street
Hillsboro	Thursday, June 12 2:30 – 4:30	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
Redmond	Wednesday, July 9 4:30 – 6:30	Comfort Suites Airport 2243 SW Yew Avenue
Salem	Saturday, June 14 2:00 – 4:00	Doubletree 1590 Weston Court NE (off Market)

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. **H/ICP, P**

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

City	Date/Time	Location
Bend	Friday, June 13 10:00 – 2:00	Doubletree 300 NW Franklin
Coos Bay	Friday, July 18 1:00 – 5:00	Red Lion 1313 N Bayshore
Hermiston	Wednesday, July 23 9:00 – 1:00	Hermiston Conference Center 415 S Highway 395
Hillsboro	Thursday, June 12 9:00 – 1:00	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
John Day	Thursday, June 26 1:00 – 5:00	Outpost Pizza 201 W Main Street
La Grande	Wednesday, July 9 3:30 – 7:30	Blue Mountain Conference Center 404 12th Street
Medford	Monday, June 9 2:00 – 6:00	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
<i>More Ready*Set*Work classes on next page</i>		

<i>More Ready*Set*Work classes</i>		
Portland Class in Russian	Tuesday, June 10 5:00 – 9:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Wednesday, June 11 2:00 – 6:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Friday, July 18 12:00 – 4:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Salem Class in Russian	Wednesday, June 4 2:00 – 6:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
The Dalles	Thursday, July 24 4:30 – 8:30	Cousins Country Inn 2114 W 6th Street

RESPIRATORY CARE: OXYGEN TO VENTILATORS – 3 ½ hours

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

H/ICP, P, F

City	Date/Time	Location
Albany	Monday, June 23 1:00 – 4:30	Phoenix Inn 3410 Spicer Drive SE <i>(Exit 233)</i>
Beaverton	Tuesday, July 15 9:00 – 12:30	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Medford	Wednesday, July 30 9:00 – 12:30	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Portland	Sunday, July 13 1:00 – 4:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Salem	Tuesday, June 24 8:00 – 11:30	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market Street, next to Fred Meyer)</i>
Salem	Tuesday, June 24 12:30 – 4:00	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market Street, next to Fred Meyer)</i>
St. Helens	Monday, July 14 12:30 – 4:00	OSU Extension office 505 N Columbia River Highway
Tillamook	Wednesday, June 25 9:00 – 12:30	NW Senior & Disability Services 5010 E 3rd Street <i>(just past the fairgrounds)</i>

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/ICP, P, F**

City	Date/Time	Location
Beaverton	Tuesday, July 22 2:30 – 5:30	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Clackamas	Tuesday, June 24 2:00 – 5:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Grants Pass	Tuesday, June 10 2:30 – 5:30	The Lodge Meeting Space – Oak Room 900 SE 8th Street
Ontario	Wednesday, June 25 1:30 – 4:30	Four Rivers Cultural Center 676 SW 5th Avenue
Pendleton	Friday, June 27 10:00 – 1:00	Red Lion 304 SE Nye Avenue
Redmond	Wednesday, July 9 12:00 – 3:00	Comfort Suites Airport 2243 SW Yew Avenue
Salem	Thursday, July 31 2:00 – 5:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>

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/ICP**

City	Date/Time	Location
Clackamas	Tuesday, July 29 5:30 – 8:30	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Lebanon	Monday, July 21 11:00 – 2:00	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Medford	Thursday, July 17 9:00 – 12:00	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Newport	Thursday, June 19 2:30 – 5:30	Comfort Inn 531 SW Fall Street
Ontario	Wednesday, June 25 9:00 – 12:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Monday, June 9 10:00 – 1:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Prineville	Tuesday, July 29 12:30 – 3:30	Stafford Inn 1773 NE 3rd St (Hwy 26)

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/ICP, P**

City	Date/Time	Location
Burns	Tuesday, July 8 2:30 – 5:30	Burns City Hall 242 S Broadway
Corvallis	Tuesday, June 17 3:00 – 6:00	Holiday Inn Express on the River 781 NE 2nd
Eugene	Wednesday, July 16 1:30 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Monday, July 7 1:30 – 4:30	Holiday Inn Express 75 82nd Drive (<i>I-205 at Exit 11</i>)
Joseph	Thursday, June 26 10:00 – 1:00	Point of Connection center 83346 Joseph Highway
Medford	Thursday, July 17 1:30 – 4:30	Rogue Regency Inn 2300 Biddle Road (<i>I-5, Exit 30</i>)
Portland	Monday, June 9 2:30 – 5:30	Holiday Inn Express 2333 NW Vaughn Street (<i>at West end of Fremont Bridge</i>)
Prineville	Tuesday, July 29 5:00 – 8:00	Stafford Inn 1773 NE 3rd St (Hwy 26)
Roseburg	Friday, June 27 9:00 – 12:00	Holiday Inn 375 Harvard Boulevard (<i>at Exit 124</i>)
The Dalles	Thursday, July 24 12:00 – 3:00	Cousins Country Inn 2114 W 6th Street

GUEST REGISTRATION

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.

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/ICP**

City	Date/Time	Location
Albany	Wednesday, July 9 6:00 – 9:00	Holiday Inn Express 105 Opal Court NE <i>(off Knox Butte Road)</i>
Beaverton	Tuesday, July 22 10:00 – 1:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Coos Bay	Saturday, July 19 10:00 – 1:00	Red Lion 1313 N Bayshore
Eugene / Springfield	Tuesday, July 22 9:00 – 12:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Grants Pass	Friday, July 25 2:00 – 5:00	Club Northwest 2160 NW Vine
Klamath Falls	Monday, July 14 2:30 – 5:30	Best Western Olympic Inn 2627 S Sixth Street
La Grande	Thursday, June 12 10:00 – 1:00	AG Service Center 10507 N. McAlister Road, Island City
Lincoln City	Thursday, July 17 10:00 – 1:00	Liberty Inn 4990 Hogan Road
Portland	Friday, June 6 1:30 – 4:30	SMILE Station <i>(Sellwood Moreland Improvement League)</i> 8210 SE 13th Ave <i>(at Tenino)</i>
Woodburn Class in Spanish	Saturday, June 21 2:30 – 5:30 Esta clase en Español	Best Western 2887 Newberg Highway

Put Life Back in Your Life:

Living Well with Chronic Conditions Workshops

If you or someone you know has an ongoing health condition, a Living Well workshop can help you take charge of your life. Chronic health conditions include diabetes, anxiety, chronic pain, arthritis, HIV/AIDs, asthma, depression, cancer, heart disease, fibromyalgia, and other ongoing health conditions.

Join a free 2 ½ hour Living Well workshop held each week for 6 weeks. Workshops are fun and interactive. The Living Well program was developed by Stanford University and has been proven to help improve the health of people with chronic health conditions. Workshops allow you to set your own goal and make a step-by-step plan to improve your health - and your life.

For more information, or to find a workshop in your area, go to
www.healthoregon.org/livingwell or call 1-888-576-7414.

TRAININGS AT-A-GLANCE JUNE 2014

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 ELC 9-1 <i>Klamath Falls</i> MedS 2:30-5:30 <i>Klamath Falls</i> CB 10-1 <i>Oregon City</i> PASS 2:30-6 <i>Oregon City</i>	3 G-L 8:30-12 <i>Klamath Falls</i> D-A 10-2 <i>Beaverton</i> KIP 10:30-2 <i>Salem</i> CB 3:30-6:30 <i>Salem</i>	4 PSWO 9-12 <i>Salem</i> RSW- Russian 2-6 <i>Salem</i>	5 DBN 8:30-12 <i>Eugene</i> D-A 2-6 <i>Eugene</i>	6 WT 1:30-4:30 <i>Portland</i>	7 HH 10-1 <i>Clackamas</i> PASS- Spanish 10-1:30 <i>Hermiston</i> PDT-Spanish 3-5 <i>Hermiston</i>
8	9 ELC 10-2 <i>Eugene</i> G-L 3:30-7 <i>Eugene</i> SAA 10-1 <i>Portland</i> TRIPS 2:30-5:30 <i>Portland</i> RSW 2-6 <i>Medford</i>	10 PASS 9-12:30 <i>Albany</i> PDT 2-4 <i>Albany</i> CB 10-1 <i>Grants Pass</i> SMART 2:30-5:30 <i>Grants Pass</i> F-A 2-5:30 <i>Hermiston</i> DME 5-8 <i>Portland</i> RSW- Russian 5-9 <i>Portland</i>	11 F-A 12:30-4 <i>The Dalles</i> MedS 1:30-4:30 <i>Burns/Hines</i> HH 6-9 <i>Burns/Hines</i> LGBT 3-6 <i>Coos Bay</i> RSW- Russian 2-6 <i>Portland</i>	12 BLV 9-12 <i>Coos Bay</i> RSW 9-1 <i>Hillsb</i> PDT 2:30-4:30 <i>Hillsboro</i> WT 10-1 <i>La Grande</i> MW 2:30-5:30 <i>La Grande</i> HH 12:30-3:30 <i>Ontario</i> MedS 5-8 <i>Ontario</i> DBN-Russian 1-4:30 <i>Portland</i> DME 4:30-7:30 <i>Bend</i>	13 RSW 10-2 <i>Bend</i> DBN 9-12:30 <i>Portland</i> PDT 10:30-12:30 <i>Hermiston</i> MW 2-5 <i>Hermiston</i>	14 PASS 9-12:30 <i>Salem</i> PDT 2-4 <i>Salem</i> MedS 10-1 <i>Lincoln City</i> NB 2-6 <i>Lincoln City</i>
15	16 MedS 2-5 <i>Portland</i>	17 LGBT 10-1 <i>Hillsboro</i> B&G 11-1:30 <i>Corvallis</i> TRIPS 3-6 <i>Corvallis</i> HH 1-4 <i>Pendleton</i>	18 DME 9-12 <i>Eugene</i> LGBT 1:30-4:30 <i>Eugene</i> HH 2-5 <i>Bend</i>	19 PDT 10-12 <i>Coos Bay</i> B&G 1:30-5 <i>Coos Bay</i> DME 10-1 <i>Newport</i> SAA 2:30-5:30 <i>Newport</i> MedS 1:30-4:30 <i>Medford</i>	20	21 MW 9-12 <i>Portland</i> PASS- Spanish 10-1:30 <i>Woodburn</i> WT-Spanish 2:30-5:30 <i>Woodburn</i>
22	23 NB 8:30-12:30 <i>Pendleton</i> PSWO 2-5 <i>Pendleton</i> RC 1-4:30 <i>Albany</i>	24 B&G 9-12:30 <i>Clackamas</i> SMART 2-5 <i>Clackamas</i> RC 8-11:30 & 12:30-4 <i>Salem</i>	25 KIP 9-12:30 <i>Tigard</i> DME 2-5 <i>Tigard</i> SAA 9-12 <i>Ontario</i> SMART 1:30-4:30 <i>Ontario</i> RC 9-12:30 <i>Tillamook</i>	26 TRIPS 10-1 <i>Joseph</i> B&G 2:30-6 <i>Joseph</i> MedS 2-5 <i>Albany</i> RSW 1-5 <i>John Day</i> KIP 1:30-5 <i>Roseburg</i>	27 KIP 9-12:30 <i>John Day</i> TRIPS 9-12 <i>Roseburg</i> ELC 9-1 <i>Oregon City</i> G-L 2:30-6 <i>Oregon City</i> HH 10-1 <i>Eugene</i> SMART 10-1 <i>Pendleton</i> B&G 2:30-6 <i>Pendleton</i>	28 KIP 9-12:30 <i>Medford</i> MW 2-5 <i>Medford</i>
29	30 ELC 9-1 <i>St. Helens</i> G-L 2:30-6 <i>St. Helens</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 NB – Nutrition Basics
 PASS – Protect Against Sprains & Strains PDT – Preventing Disease Transmission PSWO – PSW
 Orientation 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

JULY 2014

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

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H/ICP=Homecare Worker,Ind Choices; P=Personal Support Worker; F=Foster Home 19



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

Here is your Homecare Worker Training News!!