



OHCC Training Newsletter September - October 2019

The Oregon Home Care Commission supports Homecare Workers, Personal Support Workers, and consumer-employers by:

- Defining qualifications of the Homecare Worker (HCW) and the Personal Support Worker (PSW)
- Providing a statewide registry of HCWs and PSWs
- Providing training opportunities
- Serving as the “employer of record” for collective bargaining for HCWs and PSWs who receive service payments that are from public funds

OHCC Website: <https://go.usa.gov/xPkJ6>

[How to become a Homecare or Personal Support Worker](http://www.ohccworkforce.org/)

<http://www.ohccworkforce.org/>

[Homecare Workers Resources](https://go.usa.gov/xPkJA)

<https://go.usa.gov/xPkJA>

[Personal Support Workers Resources](https://go.usa.gov/xPkSb)

<https://go.usa.gov/xPkSb>

[Homecare Worker Orientation](https://go.usa.gov/xPkS3)

<https://go.usa.gov/xPkS3>

[Personal Support Worker Orientation](https://go.usa.gov/xPkSC)

<https://go.usa.gov/xPkSC>



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Registering for Training

Training classes in this newsletter are provided for Homecare Workers (HCWs), Personal Support Workers (PSWs), and the consumer-employers they work for. See page 16 for Adult Foster Care/Guest registration instructions.

Pre-registration is required and assures your spot in the class. Many classes fill to capacity and will not be able to accommodate walk-ins. Please, don't get a "No Show." Email, call, or login to the Registry or iLearnOregon and cancel if you can't make a class! The certifications require workers have low "No Show" rate for acceptance.

Register Today! Here's how:

1. Self-registration

- ❖ Register online by going to <https://or-hcc.org/> and follow these steps:
 - Select a program area, then login
 - Navigate to the "Training" tab and select "Upcoming Training Classes"
 - Review upcoming classes
 - Sign-up for and/or cancel upcoming classes
- ❖ Register online in iLearnOregon for online course or multiple event courses (ie, COMPASS and Enhanced Certification):
 - See pages 4-5 for full details
 - Go to <https://ilearn.oregon.gov>

2. Send an email

- ❖ Send an email request to: Training.OHCC@dhsosha.state.or.us
 - In your email include:
 - Name
 - Provider Number
 - Name, date, and city of each class you want to attend

3. Give us a call. Call 1.877.867.0077

*Something
NEW is on the
way...*



The Registry

Looking for work? Check the "Help Wanted" section for consumers looking for a worker. Select the county or counties where you want to work to find listings. Click the "Expand" button to make sure you meet the person's needs before calling. The Registry web address is: <https://or-hcc.org/>

To be referred on the Registry, HCWs and PSWs are required to have the following annual continuing education:

- Complete four (4) training classes a year – If you are new, you have one year from the date you receive your provider number to complete these classes.
- At least once every two years, you must complete one of the following OHCC Safety training classes – PASS, PDT, TRIPS, or COMPASS.
- The other seven (7) classes in those two years can be any class approved for your group (COMPASS counts as two classes).

For help with the Registry, read our Quick Guide found here: <https://go.usa.gov/xEUNZ>

Training Completion & Stipends for Attending Classes

HCWs and PSWs may be paid a stipend for attending classes if they meet these criteria:

- ◆ Have an active provider number.
- ◆ Have authorized and paid state provider hours within 3 calendar months prior to the month of the training or during the month the training is held. (Independent Choice Program workers must provide a pay stub or statement from their employer).
- ◆ Have not received a stipend for the same class in the previous 12 months.
- ◆ 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 of completion for the class.

These payments are not considered work hours and will not have withholding. Training hours are not used to determine benefit eligibility. Stipends are paid at the base rate of \$14.65.

Please allow approximately 9-12 weeks to receive payment and for the classes to appear as completed in your Registry profile. If you have not received payment by then, please send an e-mail to Training.OHCC@dhsosha.state.or.us

Adult Foster Care (AFC) and private pay providers DO NOT receive stipend pay for attending classes. Please refer to the list of class descriptions for 'AFC CEU' approved classes.

Homecare Worker Driver's License and Insurance Requirement

Information for HCWs that receive mileage and or travel time.

The current Collective Bargaining Agreement (CBA) requires homecare workers (HCWs) to have a current, valid driver's license and motor vehicle insurance if they are using their own vehicle and are claiming one or both of the following:

- Authorized non-medical mileage reimbursement; or,
- Travel time between consumer-employers.

If this applies to you, and you haven't done so yet, please show your driver's license and insurance card to the local office where you turn in your voucher. The local office staff will document this review. You will need to provide your insurance information each time you renew your policy, or at a minimum, every six months.

- If you do not have insurance or a driver's license, you are not allowed to transport consumer-employers.
- If your name is not on the insurance, however it is your vehicle, that is acceptable at this time.
- If you only have liability insurance, please contact the insurance company and explain that you use your vehicle for transporting individuals for business needs.

Aging and People w/ Disabilities is determining which HCWs have provided the documentation to the local office. If you have not provided the documentation yet, you may receive a letter in the mail as a reminder to do so. If you do not provide your driver's license and insurance information to the local office, future mileage reimbursements and/or travel time may not be paid or issued until you provide the documents to the local office. If you have questions or concerns, call 844-369-4164.

Online Courses in iLearnOregon



The Oregon Home Care Commission now offers three online courses for homecare and personal support workers: “*Helping Caregivers Fight Fraud & Abuse*,” “*Keeping It Professional*,” and “*Working Together*.” All are now available on iLearnOregon. Providers are now able to complete the three Core Courses required for the Professional Development Certification entirely online.

The three core online courses provide another means for workers to receive training rather than just the traditional in-person classroom setting. Workers may choose which learning environment they feel works best for them!

Once the registration on iLearnOregon is complete (see the following page), a worker will be able to sign up to take a

course. It is very important that providers use the online course links provided by OHCC. The links for each of the available courses can be found **below** and in the written instructions for registering. Each course has three parts to the course curriculum: the worker guide, the course itself and the online assessment. The worker guide can be downloaded and saved on the computer or it can be printed out. The online assessment is included and workers who are working towards their *Professional Development Certification*, will need to complete the assessment and score 80% to receive credit for the assessment. The iLearnOregon course assessment is online for those who have completed the course online and not for workers who have completed the course in the in-person classroom setting (there is another assessment option for those in the classroom).

If the course taken in iLearnOregon is the exact class offered in the in-person classroom, then the worker will qualify for a stipend for the online course on the 12th month of receiving a stipend for the in-person classroom. To request a stipend once the course is complete, the worker will take the assessment (if they want to earn PDC credit), and then fill out an online Training Participation Record (TPR) form. The TPR includes required information that the OHCC staff needs to give the worker credit for the course and process a stipend. Workers who fail to complete their TPR accurately will experience a delay in credit and stipend payment. Detailed instructions to request a stipend are given at the end of each course.

Currently Available iLearnOregon Courses*

PDC Online Courses:

Helping Caregivers Fight Fraud & Abuse: <https://go.usa.gov/xU2uv>

Keeping It Professional: <https://go.usa.gov/xUTqe>

Working Together: <http://go.usa.gov/xPBku>

Orientations:

Personal Support Worker Orientation: <https://go.usa.gov/xRVMz>

Classroom Training:

COMPASS: <http://go.usa.gov/xU6D4>

Enhanced Certification Training: <https://go.usa.gov/xUHqs>

*These links are case sensitive and should be entered into your Internet browser exactly as they appear.

Important:

- ◆ The online courses do require access to a computer and are not recommended or designed for tablets or smart phones
- ◆ Although most workers do have access to a computer, some workers may not. Public computer access will vary, depending on the community; options may include libraries or WorkSource Oregon
- ◆ Courses in iLearnOregon should be accessed through either Firefox (recommended), Chrome, Edge, or Safari. Do NOT use Internet Explorer
- ◆ Workers can reset their own password in iLearnOregon from the login page

Your iLearnOregon Account

Providers must register for an iLearnOregon account before you can register yourself for a class. Once you have registered as a user with iLearnOregon, you won't have to complete that step again. iLearnOregon is password protected and if you forget your password you may easily request a reset from iLearnOregon login page. Of course, be sure to save your username and password once created!

How?

You may create your iLearnOregon account by following the detailed instructions found on the Oregon Home Care Commission website at <https://go.usa.gov/xU5HZ>. Workers should be aware that if they do not follow the written instructions exactly, they may find themselves unable to register or take the course.

Notifications will be automatically generated to you based upon the email address you enter in iLearnOregon. If for some reason you fail to receive a confirmation email for a course you have registered for, go back in and verify your email address.

Stipends? Course Credit?

OHCC depends upon the Registry to help calculate the "No Show" rate as well as the 12-month stipends rule. Additionally, consumers can view which courses a worker has completed. To ensure these business practices are in place, OHCC staff will manually register any registration information from iLearnOregon into the Registry. Stipends are ONLY issued for the OHCC courses.

If you run into any problems using iLearnOregon, please email DHS.TRAINING@dhsola.state.or.us or call (503) 947-5457 between 8:00 AM – 4:30 PM, Monday - Friday (except holidays).

Register for COMPASS and ENHANCED CERTIFICATION in iLearnOregon

Interested in signing up for COMPASS or the Enhanced Certification course?

Register in iLearnOregon for these two classroom cohorts

iLearnOregon offers several registration improvements:

- Register **one time** for all events within the course
- An *immediate confirmation* email includes:
 - Dates, times, location of each event
 - Instructions on how to cancel registration
 - Course description
 - Option to add event details to your personal calendar
- View all course events with details which include dates, times, and locations
- Built-in map & directions on how to find class locations
- Automatic Password reset for iLearnOregon should you forget your password
- Three automatic email reminders for your events: two weeks before, one week before and two days before class
- Course credit will be added to the Registry by OHCC staff
- Transcripts will be available on iLearnOregon at any time
- Auto enroll from the Waitlist to Class Registration:
 - When classes are full, a Waitlist will automatically be created
 - If someone cancels their registration, it allows a class opening
 - The first one on the Waitlist will auto enroll & receive an email confirmation
 - Auto enrolled and can't make the date? Simply cancel the registration by following the cancellation instructions included in the registration email

Benefit Trust Information

Medical Open Enrollment for 2020 Medical Coverage is Around the Corner!

If you are uninsured and need to enroll in medical insurance or if you need to update your current Marketplace medical coverage, you will need to act quickly during open enrollment. Open enrollment begins on November 1 and ends December 15, 2019, for medical coverage beginning January 1, 2020. If you are enrolled in Medicaid, other employer insurance or family insurance, this may not apply to you. If you have internet access, visit orhomecaretrust.org for more information. No internet access? No problem! Call the Trusts' Healthcare Enrollment Team in late October for more information.

For participants enrolled in Medicare Part B, open enrollment to shop for additional coverage in 2020 begins on October 15 and ends December 7, 2019. You can visit orhomecaretrust.org to review the benefits that may be available to you through the Oregon Homecare Workers Supplemental Trust.

Dental, Vision and Employee Assistance Program Benefits

Have you worked two consecutive months of 40 or more hours? You may be eligible for Dental, Vision and Employee Assistance Program benefits through the Oregon Homecare Workers Benefit Trust!

You can learn more about these programs and the benefits you may be eligible for at orhomecaretrust.org/benefits. No internet access? No problem! Call the Trust's Healthcare Enrollment Team at 503-303-5668 (Portland Metro Area) or toll free 1-855-437-2694.

Meet with the Healthcare Enrollment Team in Person

Would you like to attend an Education Event to meet with the Healthcare Enrollment Team in person and review the benefits that may be available to you? Visit the Trust website to see if there is an Event in your area at orhomecaretrust.org/RSVP-2 or call 503-303-5668 (Portland Metro Area) or toll free 1-855-437-2694. If there are currently no events in your area, please call and let us know you would be interested in attending an event in your area in the future!

Do you want to get your stipends for training FASTER?

Direct Deposit is the fastest way to receive a stipend payment. This is a separate request that a direct deposit for the paycheck. Only one request for a direct deposit is needed, unless there is a change of information. Simply download the form and complete it. The form has instructions on where it needs to be sent. Please note that setting up the direct deposit takes time and your first stipends may come in check form and future stipends will come to the direct deposit.

DO WE HAVE SOME NEWS FOR YOU...

Enhanced Worker Certification Course

Are you interested in being certified as an Enhanced Worker? The Enhanced Worker Certification Course includes up to 25 hours of course work in addition to out-of-class requirements that require access to the internet. The certification will allow workers the opportunity to earn \$1.00 above base rate pay *for any consumers pre-approved for enhanced needs*.

Workers (with the exception of CIIS PSWs or those who have a current Professional Development Certification) will need to pass a Readiness Assessment before attending the course. The assessment is based on content from the following eleven (11) classes: Bathing & Grooming, Challenging Behaviors, Durable Medical Equipment, Keeping It Professional, Medication Safety, Helping Caregiver Fight Fraud and Abuse, Nutrition Basics, Working Together, Preventing Disease Transmission, Protect Against Sprains and Strains, and Taking Responsibility In Personal Safety.

Here is the link to take the Enhanced Readiness Certificate any time, day or night, 24/7: <https://www.surveymonkey.com/r/RFSSX97>

After you pass the assessment, with a score of 80% or higher, you will receive an email with details about signing up for the classes. Please visit the certifications webpage for information on how to prepare for this certification and application requirements <http://go.usa.gov/xUNaB>

If interested, or if you have any questions, send an email to Certifications.ohcc@dhsoha.state.or.us. Please include the word 'Enhanced' in the subject line.

CURIOUS ABOUT A RENEWAL?

EMAIL CERTIFICATIONS.OHCC@DHSOHA.STATE.OR.US

TO REQUEST INFORMATION ON RENEWING ENHANCED CERTIFICATION
EXCEPTIONAL RENEWAL IS COMING SOON!

Exceptional Worker Certification for PSW's

What is an Exceptional PSW Certification? The "Exceptional Personal Support Worker Certification" means a PSW certified by the Oregon Home Care Commission to deliver services to individuals who require advanced medically or behaviorally driven services and supports beyond the Enhanced level as determined by the service coordinator or personal service agent. The program is for PSW's only.

The Exceptional Personal Support Worker Certification requires a time commitment of 10 to 12 hours of blended learning. The certification will allow workers the opportunity to earn \$3.00 above base rate pay *for any consumers pre-approved for exceptional needs*. To apply for the Exceptional Personal Support Worker Certification Program, you must:

- Have an active Personal Support Worker provider number.
- Have already completed the Enhanced Certification Program *and have your certification*.
- Have a current OIS certification.
- Have less than a 20% "No-Show" rate for OHCC classes. Agree to the time commitment.

For more details, please visit our website at <http://go.usa.gov/xUNaB>

If interested, or if you have any questions, please send an email to: Certifications.ohcc@dhsoha.state.or.us. Please include the word 'Exceptional' in the subject line!

Professional Development Certification (PDC)

The Professional Development Certification (PDC) offers PSWs and HCWs a way to earn a higher wage of .50 cents above the base rate. Courses and requirements offer an educational opportunity intended to help the worker build skills to be applied in their day to day work experience. The certification is valid for 24-months.

Requirements:

1. Have an active Medicaid Provider Number
2. Complete the three (3) Core Courses:
 - Helping Caregivers Fight Fraud & Abuse
 - Keeping It Professional
 - Working Together
3. Complete five (5) hours of Safety Type Courses or the COMPASS series:
 - Medication Safety
 - Preventing Disease Transmission
 - Protect Against Sprains and Strains
 - Taking Responsibility in Personal Safety
4. Complete five (5) hours of Elective Courses:
 - Bathing & Grooming
 - Everyone Communicates (PSW ONLY)
 - Heart Healthy
 - Introduction to Cultural Competency
 - Nutrition Basics
 - Sensory Processing Disorder – Adults
 - Sensory Processing Disorder – Children (PSW ONLY)
 - Working with Challenging Behaviors (HCW ONLY)
5. Take the assessment for each of the courses you complete – scoring 80% or better
 - Use the following link to find the assessments you need: <https://go.usa.gov/xP6d7>
6. Have and keep current an Adult CPR/First Aid certification
7. OHCC course attendance No Show Rate of 20% or less
8. Once all requirements are met, complete a Professional Development Certification Application:
 - Applications can be found on our website with this link – <http://go.usa.gov/xPkhD>
9. Submit the completed application, along with copies of your CPR/First Aid cards, to:



Mail

ATTN: Training Unit
Oregon Home Care Commission
550 Capitol St NE
Salem, OR 97301

Email

Certifications.OHCC@dhsosha.state.or.us

Fax

(503) 378-5886

Applications must be in the OHCC office by the first day of the month to be eligible for certification approval. If all requirements have been met, then approval and certification will begin the first pay period of the following month. **Example:** an emailed application is sent to OHCC on January 12, 2019; it would qualify to have certification begin on the first pay period around March 1, 2019. The reason February 2019 was not the start date was because the application was received later than January 1, 2019.

Once approved, a confirmation email informing you of the two-year certification period with your attached Professional Development Certificate will be sent. **IMPORTANT:** PSWs need to provide a copy of their certificate and approval letter to the CDDP or brokerage each time they begin working for a new individual.

Renewal Process: Professional Development Certification (PDC)

The Oregon Home Care Commission, in collaboration with the Training Committee and approved by the Commissioners, has determined the renewal process homecare and personal support workers will need to complete so they may maintain their PDC. Below are the requirements a homecare or personal support worker will need to follow to renew their PDC for an additional 24-months:

1. Repeat the course requirements – Core Courses, five hours of Safety Courses, and five hours of Elective Courses
 2. Take the assessments for the courses you complete, with a score 80% or better
 3. Keep your CPR/First Aid certification current and make sure OHCC has a copy (see “Avoid Interruption” on previous page)
 4. Maintain a No-Show Rate of 20% or lower
- Providers are NOT required to submit a new application for renewal – OHCC will automatically check and renew the certification at the expiration date

IMPORTANT: *only courses and assessments taken after the first 12-months of certification will be counted towards PDC renewal.*

Example: If you received your PDC 01/01/2017 ending on 12/31/2018; you would have all of 2018 to take courses towards renewal. Let’s say you had taken Medication Safety (11/12/2017), Preventing Disease Transmission (1/15/2018), and Nutritional Basics (3/5/2018). Both PDT and NB will count towards renewal; so long as you complete and pass both assessments. MedS would not count because it was taken in the first 12-months of having PDC.

AVOID INTERRUPTIONS OF YOUR PAY DIFFERENTIAL

In order for your PDC wage to not be interrupted when your CPR/First Aid card expires, we ask you to do the following:

- Track the expiration date of your CPR/First Aid card on your personal calendar
- Send a copy of the CPR/First Aid cards directly to OHCC as soon as you get the renewal card
- Send to Certifications.OHCC@dhsosha.state.or.us

If you do not provide OHCC with a copy of your card, the .50 wage increase will drop off your hourly rate. The .50 wage will return on the next pay period after the card is provided to OHCC, not the effective date on the cards so don’t forget to send us your renewal cards!



Introduction to Cultural Competency

Introduction to Cultural Competency, an OHCC course which explores the delivery of person-centered care in a culturally aware way through engaging activities, has been approved by the Home Care Commissioners to now qualify for elective course hours towards a providers PDC.

Providers who have taken ICC since June 15th, 2019 may use the assessment link on the previous page to take the ICC assessment to meet the PDC requirement

How to become a Personal Support Worker Job Coach

What does a job coach do?

A Job Coach assists a person with a disability at their job. This may include:

- Helping the person learn the job tasks
- Supporting individuals to build relationships with coworkers
- Learning about the rules of the business
- Supporting the person to be successful at work
- Personal care at work

What are the benefits of being a PSW Job Coach?

Benefits include:

- Earn higher wages while working as a PSW job coach
- Start a career pathway in I/DD Employment Services
- Job satisfaction knowing you are helping someone become more independent

Steps to become a PSW Job Coach



#1

Complete online Core Competencies Supported Employment modules



#2

Submit verification of the Core Competencies to EmploymentTraining.Review@dhsosha.state.or.us



#3

Enroll as a PSW Job Coach by visiting Community Developmental Disability Program or Brokerage



#4

Complete 12 hours of Supported Employment training annually (*verified every 2 years*)

More information:

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/index.aspx>

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/Employment-Service-Provider-Resources.aspx>

Email: EmploymentTraining.Review@dhsosha.state.or.us

Oregon Intervention System-General (OIS-G)

OIS-G is Oregon's system of training and implementing the principles of Positive Behavior Support and Intervention for people who support adults and children with Intellectual/Developmental Disabilities who may display challenging behaviors. This course is offered to Personal Support Workers who provide in-home supports through OHCC. The Oregon Home Care Commission offers this two-day OIS-G Training at no cost for Personal Support Workers who:

- Have an active PSW provider number or can show proof of approved, paid employment through a Community Developmental Disability Program (CDDP), Children's Intensive In-Home Services (CIIS), or Brokerage.
- Can show proof of paid hours as a PSW in one of three full calendar months prior to submitting the request form.
- Have completed at least two Oregon Home Care Commission training classes (except for Working with Challenging Behaviors).
- A "No Show" rate for attending OHCC training classes of 20% or below.
- After submitting an OIS-G Training Request Form, you will be contacted to register for an OIS-G Training. A training stipend may be available only **IF** OIS-G is required in the approved behavioral care plan. Download the Request Form here <http://go.usa.gov/xPkh9>

Adult Foster Care & Guests

APD-Adult Foster Home providers & their staff may now attend OHCC training courses **at no cost.**

Here's How:

Email the OHCC Training Unit at Training.OHCC@dhsosha.state.or.us

OR

call **877-867-0077** for Training & Registry

Please have the following information available:

1. Name of the APD-AFH provider & AFH
2. Provider number
3. Return phone number
4. Class, time, date and town interested in being registered for
5. First and last name of AFH staff who will be attending

****We will only be able to register AFH staff through the AFH provider****



Are you ready to take training to a higher level?

CPR/First Aid Training

The Oregon Home Care Commission will pay for the cost of basic CPR/First Aid training for eligible HCWs and PSWs. To be eligible, workers must have:

- ✓ An active provider number;
- ✓ Authorized and paid provider hours in any one of three full calendar months before requesting for CPR/First Aid training;
- ✓ Completed a minimum of two Home Care Commission sponsored training classes (excluding Orientation);
- ✓ Attended four additional classes if the Home Care Commission previously paid for CPR/First Aid training since your last certification; and,
- ✓ A no-show rate of 20% or below for attending Home Care Commission training classes.



IMPORTANT: Prior approval must be received before registering for a CPR/First Aid class. The Home Care Commission will not reimburse providers who pay out of pocket for training classes.

To apply:

- ✓ Download an application from the website at: <http://go.usa.gov/xP8qy>
- ✓ Get application form at a training class and turn it in to the trainer, or
- ✓ Send a written request. Provide your name, address, county, phone number, provider number and list the Home Care Commission training classes you have attended. Send the information to the Oregon Home Care Commission using one of the following three options:
 - Mail: ATTN: CPR, Oregon Home Care Commission, Basement Level, 550 Capitol St NE, Salem, OR 97301
 - Email: Training.OHCC@dhsosha.state.or.us
 - Fax: 503.378.5886

You will be contacted with information about how to sign up for CPR / First Aid classes in your area. Requests are processed twice a month, so please allow a few weeks for a response. We do NOT pay a stipend for your time for attending this class.

COMPASS

Communities of Practice And Safety Support, or COMPASS, is a program meant to promote injury prevention and health for Homecare and Personal Support Workers. Over seven (7) meetings, each two (2) weeks apart, a small group of workers learn and share together about health, safety, and work practices. COMPASS members work as a team in collaboration with each other to share best practices and help with problem solving. Each member is expected to participate fully. This is not a class to sit back and listen!

When signing up for COMPASS, you are **committing to attend all seven meetings**. Attendance to the first session is required in order to attend any other meetings. If the first meeting is missed, the worker will be cancelled out of the rest of the series. To receive a Certificate of Completion, you must attend at least five of the meetings. You will receive the OHCC Training Stipend for each meeting, if you meet the criteria. Courses are limited in size, so if you choose to register, do so early. If you are unable to commit to the participation requirements, then please allow the spot to be used by someone else.

Register in iLearn with the following link: <http://go.usa.gov/xU6D4>

Join us for the upcoming cohort in the Portland Metro Area starting on Monday, September 16th





ELEVATE

Coming
Soon!

YOUR CAREER PATH THROUGH QUALITY TRAINING

The new look for the Training Newsletter will be coming for the Nov – Dec 2019 class schedule

Oregon Home Care Commission is proud to announce that the worker training newsletter will now be named *Elevate: Your path through quality training*. The newsletter will be easier to read with a whole new look and feel.

Elevate will help you take your training news to a whole new level!



- ★
NEW Look & Feel
- ★
Easy to find articles
- ★
Click to the class list from your email or online
- ★
NEW Content
- ★
Exciting news

Mental Health First Aid is HERE

Oregon Home Care Commission is now scheduling and offering Mental Health First Aid (MHFA) around the state for HCWs and PSWs. MHFA is an international training course that will teach participants the risk factors and warning signs of a variety of mental health challenges common among older adults.

MFHA is a daylong training with a lunch break and 8-hour stipend for those who qualify.

ALL PROVIDERS WILL NEED TO PRE-REGISTER TO ATTEND. Details on how to register for a training can be found on page 2 of this newsletter.

Keep a watch on the Registry, as classes will be added regularly.



OHCC Courses

Course	Description	Length	Stipend Available
Bathing & Grooming (B&G) <i>*PDC Elective Course</i>	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.	3 ½ hrs	HCW PSW ICP
Blindness & Low Vision (BLV) <i>*AFC CEUs</i>	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.	3 hrs	HCW PSW ICP
Caring for Yourself While Caring for Others (C4Y)	In this interactive workshop, you'll learn how to promote a safe and healthy work environment – for the individual you support and yourself.	2 ½ hrs	HCW PSW ICP
Communities of Practice and Safety Support (COMPASS) <i>*PDC Safety Course</i>	This program promotes injury prevention and health for Homecare and Personal Support Workers. It involves seven (7) sessions, each two (2) weeks apart. Be a part of a small team of workers learning and sharing health, safety, and work practices. Completion of COMPASS will meet all 5 hours of Safety Skills Courses required for PDC.	15 hrs (7 wks/ 2-3 hrs ea)	HCW PSW ICP
Dementia 101 (DEM 101)	An introduction to supporting individuals experiencing dementia. This course covers a basic overview of the dementia process and the different types; ways to promote health and safety; communication tips including remaining calm and positive.	3 hrs	HCW PSW ICP
Diabetes by the Numbers (DBN) <i>*AFC CEUs</i>	A class on the basics of diabetes. What is it? Are you at risk? The class will cover: carbohydrate identification; label reading and portion control; preventing complications; glucose testing; and understanding the numbers.	3 ½ hrs	HCW PSW ICP
Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Older Adults (LGBT) <i>*AFC CEUs</i>	Learn terminology & definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive.	3 hrs	HCW PSW ICP
Durable Medical Equipment (DME) <i>*AFC CEUs</i>	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lifts, and other medical equipment. Tips on choosing, fitting, and using devices.	4 hrs	HCW PSW ICP
End of Life (EoL) <i>*AFC CEUs</i>	An overview of end of life, including: the dying process; the difference between palliative care vs hospice; and, the role of the provider in supporting an individual at the end of life.	3 hrs	HCW PSW ICP

Course	Description	Length	Stipend Available
Everyone Communicates (EC) <i>*PDC Elective Course</i>	Learn effective communication partner strategies that make a positive impact on the people you support with communication challenges and intellectual and developmental disabilities who experience communication challenges. <i>*PSW credit for PDC only</i>	4 hrs	HCW PSW ICP
Grief & Loss (G&L) <i>*AFC CEUs</i>	Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself.	3 ½ hrs	HCW PSW ICP
Heart Healthy (HH) <i>*PDC Elective Course</i> <i>*AFC CEUs</i>	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	HCW PSW ICP
Helping Caregivers Fight Fraud & Abuse (F&A) <i>*PDC Core Course</i> <i>*AFC CEUs</i>	Recognizing & reporting abuse & neglect of children, older adults and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.	Class: 3 ½ hrs Online: 1 ½ hrs	HCW PSW ICP
Introduction to Cultural Competency (ICC) <i>*PDC Elective Course</i> <i>As of 6/15/2019***</i> <i>*AFC CEUs</i>	This interactive and engaging course offers an introduction to culture, cultural competency, and their role in offering person-centered supports.	2 ½ hrs	HCW PSW ICP
Keeping It Professional (KIP) <i>*PDC Core Course</i>	The role of the worker in: setting professional boundaries, working with the task list, when and how to keep things confidential, and tips for recordkeeping.	Class: 3 ½ hrs Online: 1 ½ hrs	HCW PSW ICP
Medication Safety (MedS) <i>*PDC Safety Course</i>	Assisting adults who manage their own medication, including: types and effects of medications; assisting with documentation, storage; recognizing risks and warning signs; and the role of the worker.	3 hrs	HCW PSW ICP
Nutrition Basics (NB) <i>*PDC Elective Course</i> <i>*AFC CEUs</i>	Basics of nutrition, nutrient categories, meal timing, and meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns.	4 hrs	HCW PSW ICP
Preventing Disease Transmission (PDT) <i>*PDC Safety Course</i> <i>*AFC CEUs</i>	Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.	2 hrs	HCW PSW ICP
Protect Against Sprains and Strains (PASS) <i>*PDC Safety Course</i> <i>*AFC CEUs</i>	Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.	3 ½ hrs	HCW PSW ICP

Course	Description	Length	Stipend Available
Ready, Set, Work (RSW)	Create a professional marketing approach to finding work; how to use the Registry & Referral System; and what you should do before starting a job. NOTE: Workers do not need to have worked to qualify for a stipend for this class.	4 hrs	HCW PSW ICP
Respiratory Care: Oxygen to Ventilators (RC) *AFC CEUs	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW PSW ICP
Sensory Processing Disorder – Adults (SPD-A) *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; understanding how an adult with SPD perceives input; and supports for community mobility.	3 hrs	HCW PSW ICP
Sensory Processing Disorder - Children (SPD-C) *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; impacts on a child's day; understanding how a child with SPD perceives input; and sensory diets. <i>*PSW credit for PDC only</i>	3 hrs	HCW PSW ICP
Stress Management and Relaxation Techniques (SMART) *AFC CEUs	Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	HCW PSW ICP
Substance Abuse Awareness (SAA)	Review the OHCC Drug-Free Workplace policy for workers, learn the impact of drug and alcohol abuse, the role of the worker, and resources for help.	3 hrs	HCW PSW ICP
Taking Responsibility in Personal Safety (TRIPS) *PDC Safety Course	Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips.	3 hrs	HCW PSW ICP
Working Together (WT) *PDC Core Course	Assertive communication and problem-solving techniques for employers & workers; clarifying expectations; using person- directed values and language.	3 hrs	HCW PSW ICP
Working with Challenging Behaviors (CB) *PDC Elective Course *AFC CEUs	Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors, problem solving, and communication ideas. <i>*HCW credit for PDC only</i>	3 hrs	HCW PSW ICP

Class Language Options

To help promote and support the growing cultural diversity among homecare and personal support workers in Oregon, OHCC currently offers courses in four additional languages. Having a course presented in your first language promotes better learning and retention, is validating and empowering, and enhances the overall experience. Below are upcoming courses.

عربي

دورات تدريبية للرعاية المنزلية في اللغة العربية مقدمة من لجنة الرعاية المنزلية في ولاية أوريغون في منطقة.

مدينة	التاريخ و الوقت	اسم الصنف	موقعك
Portland	09/27/2019, 5:00p - 9:00p	أساسيات التغذية (NB)	IRCO 10301 NE Glisan St
	10/04/2019, 5:00p - 8:30p	مساعدة مقدمي الرعاية على مكافحة الاحتيايل وسوء المعاملة (F&A)	IRCO 10301 NE Glisan St
	10/11/2019, 4:00p - 7:30p	الاستحمام والاستمالة (B&G)	IRCO 10301 NE Glisan St
	10/18/2019, 5:00p - 7:00p	منع انتقال المرض (PDT)	IRCO 10301 NE Glisan St
	10/25/2019, 5:00p - 8:00p	اضطراب المعالجة الحسية للبالغين (SPD-A)	IRCO 10301 NE Glisan St

Somali

Daruus ku bixi doonta afka somaliga aya hada bixin doonta oregon home care commision portland gudaheedi. Fasal cusub aya la bixin donaa laba isbuuc walba. Hoos waxaa ku xusan xiliga daruusta la dhigi doono bisha.

Magaalada	Waqtiga iyo Taariikhda	Fasalka Magaciisa	Goobta
Portland	09/13/2019, 4:00p - 7:30p	Joogteynta Jaheynta Tababarka Xirfadlaha (KIP)	IRCO 10301 NE Glisan St
	09/14/2019, 10:00a - 1:30p	Ku caawinta Daryeelayaasha La dagaalanka Qiyaanada iyo Xadgudubka (F&A)	IRCO 10301 NE Glisan St
	09/20/2019, 4:00p - 7:00p	Wada Shaqeynta (WT)	IRCO 10301 NE Glisan St
	09/21/2019, 10:00a - 1:30p	Ka Hortaga Murqacashada Iyo Cadaadiska (PASS)	IRCO 10301 NE Glisan St
	10/04/2019, 4:00p - 6:00p	Ka Hortaga Gudbinta Cudurka (PDT)	IRCO 10301 NE Glisan St
	10/11/2019, 4:00p - 8:00p	Aasaaska Nafaqada (NB)	IRCO 10301 NE Glisan St
	10/12/2019, 10:00a - 1:00p	Xanuunka Farsameynta Dareenka – Dadka waaweyn (SPD-A)	IRCO 10301 NE Glisan St

Español

Las clases para PSW's y HCW's en español continúan ocurriendo en todas las áreas de Portland Metro y Salem y Woodburn.

Ciudad	Fecha y Hora	Nombre de la Clase	Ubicación de la Clase
Hillsboro	09/20/2019, 4:30p - 8:00p	Cómo ayudar a los cuidadores a combatir el fraude y el abuso (F&A)	Holiday Inn Express, 5900 NE Ray Circle
	09/27/2019, 4:00p - 8:00p	Fundamentos de la nutrición (NB)	Holiday Inn Express, 5900 NE Ray Circle
	10/04/2019, 4:30p - 7:30p	Trastorno de procesamiento sensorial – adultos (SPD-A)	Holiday Inn Express, 5900 NE Ray Circle
	10/18/2019, 4:30p - 8:00p	Cómo actuar de forma profesional (KIP)	Holiday Inn Express, 5900 NE Ray Circle
	10/25/2019, 4:30p - 7:30p	Comportamientos desafiantes (CB)	Holiday Inn Express, 5900 NE Ray Circle
Salem	09/26/2019, 8:30a - 12:00p	Cómo ayudar a los cuidadores a combatir el fraude y el abuso (F&A)	DHS Office 4047 Winema Place NE
	09/26/2019, 1:00p - 4:30p	Cómo actuar de forma profesional (KIP)	DHS Office 4047 Winema Place NE
	10/24/2019, 8:30a - 12:30p	¡En sus marcas! ¡Listos! ¡A trabajar! (RSW)	DHS Office 4047 Winema Place NE
	10/24/2019, 1:30p - 4:30p	Trabajar juntos (WT)	DHS Office 4047 Winema Place NE
Woodburn	09/17/2019, 1:00p - 4:30p	Baño y aseo (B&G)	DHS Training Center 120 E Lincoln St
	10/17/2019, 1:00p - 4:30p	Protección contra esguinces y torceduras (PASS)	DHS Training Center 120 E Lincoln St
	10/30/2019, 1:00p - 4:00p	Corazón saludable (HH)	DHS Training Center 120 E. Lincoln St

Mai Mai

A pilot cohort for individuals whom Mai Mai is their first language has the following classes in September and October:

- ◆Introduction to Cultural Competency – 09/14/2019
- ◆Fighting Fraud & Abuse – 09/21/2019
- ◆Keeping It Professional – 10/12/2019
- ◆Working Together – 10/19/2019

Русский

Курсы на русском языке будут регулярно проводиться в Портленде и его окрестностях, Сейлеме и Вудберне.

Город	число и время класса	название класса	место проведения
Portland	09/03/2019, 5:00р - 8:30р	Профессиональные Отношения (KIP)	SEIU Local 503 Union Hall 6401 SE Foster Road
	09/04/2019, 2:00р - 5:00р	Сотрудничество (WT)	SEIU Local 503 Union Hall 6401 SE Foster Road
	09/26/2019, 5:00р - 8:00р	Ответственность за личную безопасность – в ваших руках (TRIPS)	SEIU Local 503 Union Hall 6401 SE Foster Road
	10/08/2019, 5:00р - 7:30р	Введение в культурную компетенцию (ICC)	SEIU Local 503 Union Hall 6401 SE Foster Road
	10/09/2019, 2:00р - 5:30р	Защитить от растяжений и деформаций (PASS)	SEIU Local 503 Union Hall 6401 SE Foster Road
	10/16/2019, 2:00р - 6:00р	Приготовились, Нашли Работу, Работаем! (RSW)	SEIU Local 503 Union Hall 6401 SE Foster Road
	10/29/2019, 5:00р - 8:30р	Купание и Гигиена (B&G)	SEIU Local 503 Union Hall 6401 SE Foster Road
Salem	09/12/2019, 1:30р - 4:30р	Ответственность за личную безопасность – в ваших руках (TRIPS)	DHS Office 4047 Winema Place NE
	09/26/2019, 9:00а - 12:00р	Помощь работникам сферы обслуживания в борьбе с мошенничеством и злоупотреблениями (F&A)	Day's Inn Black Bear 1600 Motor Ct NE
	09/26/2019, 2:00р - 4:00р	Профилактика передачи инфекции (PDT)	Day's Inn Black Bear 1600 Motor Ct NE
	10/11/2019, 1:00р - 4:30р	Защитить от растяжений и деформаций (PASS)	DHS Office 4047 Winema Place NE
	10/25/2019, 9:00а - 12:00р	Техники управления стрессом и релаксации (SMART)	DHS Office 4047 Winema Place NE
	10/25/2019, 1:30р - 4:30р	Знание о злоупотреблении психоактивными веществами (SAA)	DHS Office 4047 Winema Place NE

HAVE YOU JOINED US FOR AN ORIENTATION YET?

VIEW AND REGISTER ONLINE:

HCW - <https://go.usa.gov/xQTUQ>

PSW-O and/or eXPRS - <https://go.usa.gov/xQTUw>

Class List By City

City	Date and Time	Course	Location
Albany	09/10/2019, 09:00a - 12:30p	Keeping It Professional	Holiday Inn Express and Suites, 105 Opal Court NE
	09/10/2019, 1:30p - 4:30p	Durable Medical Equipment	Holiday Inn Express and Suites, 105 Opal Court NE
	09/13/2019, 09:00a - 11:30a	Caring For Yourself While Caring For Others	Holiday Inn Express and Suites, 105 Opal Court NE
	09/13/2019, 12:30p - 4:30p	Everyone Communicates	Holiday Inn Express and Suites, 105 Opal Court NE
	09/20/2019, 09:00a - 12:00p	Personal Support Worker Orientation	Holiday Inn Express and Suites, 105 Opal Court NE
	09/20/2019, 1:30p - 3:30p	eXPRS-Orientation	Holiday Inn Express and Suites, 105 Opal Court NE
	09/24/2019, 09:00a - 12:30p	Fighting Fraud & Abuse	Phoenix Inn, 3410 Spicer Dr SE
	09/24/2019, 1:30p - 4:30p	Sensory Processing Disorder - Adult	Phoenix Inn, 3410 Spicer Dr SE
	10/07/2019, 08:30a - 11:30a	Substance Abuse Awareness	Holiday Inn Express and Suites, 105 Opal Court NE
	10/07/2019, 12:30p - 4:00p	Diabetes By The Numbers	Holiday Inn Express and Suites, 105 Opal Court NE
	10/08/2019, 09:00a - 12:00p	End of Life	Holiday Inn Express and Suites, 105 Opal Court NE
	10/08/2019, 1:00p - 4:00p	Working Together	Holiday Inn Express and Suites, 105 Opal Court NE
	10/29/2019, 09:00a - 12:00p	Heart Healthy	Holiday Inn Express and Suites, 105 Opal Court NE
	10/29/2019, 1:30p - 4:30p	Medication Safety	Holiday Inn Express and Suites, 105 Opal Court NE

Class List By City

City	Date and Time	Course	Location
Astoria	09/19/2019, 09:00a - 12:00p	Medication Safety	Work Source, 450 Marine Dr
	09/19/2019, 1:30p - 4:30p	Working Together	Work Source, 450 Marine Dr
	10/24/2019, 08:30a - 12:00p	Bathing and Grooming	Work Source, 450 Marine Dr
	10/24/2019, 1:30p - 3:30p	Preventing Disease Transmission	Work Source, 450 Marine Dr
Baker City	09/19/2019, 09:00a - 12:00p	End of Life	DHS APD, 3165 10th St
	09/19/2019, 1:00p - 4:30p	Bathing and Grooming	DHS APD, 3165 10th St
	10/24/2019, 08:30a - 12:00p	Grief & Loss	DHS APD, 3165 10th St
	10/24/2019, 1:30p - 4:30p	Dementia 101	DHS APD, 3165 10th St
Beaverton <i>Continued on next</i>	09/11/2019, 12:30p - 3:30p	Stress Management and Relaxation Techniques	SDRI, 12770 SW First St
	09/12/2019, 12:30p - 4:00p	Protect Against Sprains & Strains	SDRI, 12770 SW First St
	09/17/2019, 12:30p - 4:00p	Bathing and Grooming	SDRI, 12770 SW First St
	09/23/2019, 12:30p - 4:30p	Nutrition Basics	SDRI, 12770 SW First St
	09/24/2019, 1:30p - 3:30p	Preventing Disease Transmission	SDRI, 12770 SW First St
	10/10/2019, 12:30p - 4:00p	Fighting Fraud & Abuse	SDRI, 12770 SW First St

Class List By City

City	Date and Time	Course	Location
Beaverton <i>Continued from previous</i>	10/14/2019, 12:30p - 4:00p	Keeping It Professional	SDRI, 12770 SW First St
	10/16/2019, 1:00p - 4:00p	Working Together	SDRI, 12770 SW First St
	10/24/2019, 1:00p - 4:00p	Sensory Processing Disorder - Adult	SDRI, 12770 SW First St
Bend <i>Continued on next</i>	09/18/2019, 08:30a - 11:30a	Working with Challenging Behaviors	Work Source Bend, 1645 NE Forbes Rd
	09/18/2019, 1:00p - 4:00p	Sensory Processing Disorder - Adult	Work Source Bend, 1645 NE Forbes Rd
	10/01/2019, 09:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/02/2019, 09:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/15/2019, 08:30a - 12:30p	Nutrition Basics	DHS APD, 1300 NW Wall St
	10/15/2019, 1:30p - 4:30p	Dementia 101	DHS APD, 1300 NW Wall St
	10/16/2019, 09:00a - 12:00p	Personal Support Worker Orientation	Deschutes County I/DD Office, 1340 NW Wall St
	10/16/2019, 1:30p - 3:30p	eXPRS-Orientation	Deschutes County I/DD Office, 1340 NW Wall St
	10/22/2019, 09:30a - 4:30p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/23/2019, 09:30a - 4:30p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
10/24/2019, 09:00a - 12:00p	End of Life	DHS APD, 1300 NW Wall St	

Class List By City

City	Date and Time	Course	Location
Bend <i>Continued from previous</i>	10/24/2019, 1:00p - 4:00p	Taking Responsibility in Personal Safety	DHS APD, 1300 NW Wall St
Brookings	09/10/2019, 08:30a - 11:30a	Working Together	The Events Center, 800 Chetco Ave
	09/10/2019, 1:00p - 4:00p	Medication Safety	The Events Center, 800 Chetco Ave
	10/17/2019, 1:30p - 4:30p	Heart Healthy	The Events Center, 800 Chetco Ave
	10/18/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	The Events Center, 800 Chetco Ave
Burns	10/11/2019, 09:00a - 12:00p	Heart Healthy	DHS APD, 809 W Jackson
	10/25/2019, 09:00a - 12:00p	Medication Safety	DHS APD, 809 W Jackson
Clackamas <i>Continued on next</i>	09/10/2019, 09:00a - 12:00p	Dementia 101	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/10/2019, 1:30p - 4:30p	End of Life	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/11/2019, 09:00a - 12:00p	Medication Safety	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/11/2019, 1:30p - 4:30p	Heart Healthy	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/18/2019, 09:00a - 12:30p	Bathing and Grooming	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/18/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr

Class List By City

City	Date and Time	Course	Location
Clackamas <i>Continued from previous</i>	09/27/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/27/2019, 1:30p - 4:30p	Working Together	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/30/2019, 08:30a - 12:30p	Everyone Communicates	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	09/30/2019, 2:00p - 4:30p	Intro to Cultural Competency	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/02/2019, 09:00a - 12:30p	Diabetes By The Numbers	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/02/2019, 1:30p - 5:00p	Grief & Loss	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/23/2019, 09:00a - 12:00p	Working with Challenging Behaviors	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/23/2019, 1:30p - 4:30p	Durable Medical Equipment	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/30/2019, 08:30a - 12:00p	Protect Against Sprains & Strains	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
	10/30/2019, 1:30p - 4:30p	Working Together	Clackamas Banquet Center (Denny's), 15815 SE 82nd Dr
Coos Bay/ North Bend <i>Continued on next</i>	09/25/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	Coos Bay Public Library, 525 Anderson Ave
	09/25/2019, 1:30p - 4:30p	Dementia 101	Coos Bay Public Library, 525 Anderson Ave

Class List By City

City	Date and Time	Course	Location
Coos Bay/ North Bend <i>Continued from previous</i>	09/26/2019, 08:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	Coos Bay Public Library, 525 Anderson Ave
	09/26/2019, 1:30p - 4:30p	Working Together	Coos Bay Public Library, 525 Anderson Ave
	10/09/2019, 08:30a - 12:00p	Bathing and Grooming	North Bend Library, 1800 Sherman Ave
	10/09/2019, 1:00p - 4:30p	Keeping It Professional	North Bend Library, 1800 Sherman Ave
	10/10/2019, 09:00a - 12:00p	Personal Support Worker Orientation	CLCM, 3030 Broadway Ave
	10/10/2019, 1:30p - 3:30p	eXPRS-Orientation	CLCM, 3030 Broadway Ave
	10/14/2019, 1:30p - 4:30p	Sensory Processing Disorder - Adult	Coos Bay Public Library, 525 Anderson Ave
	10/15/2019, 09:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/16/2019, 09:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/28/2019, 1:30p - 4:30p	Medication Safety	Coos Bay Public Library, 525 Anderson Ave
	10/29/2019, 09:30a - 4:30p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/30/2019, 09:30a - 4:30p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
Eugene/ Springfield <i>Continued on next</i>	09/09/2019, 5:30p - 08:30p	Personal Support Worker Orientation	Laurel Hill Center, 2145 Centennial Plaza
	09/10/2019, 5:30p - 7:30p	eXPRS-Orientation	Laurel Hill Center, 2145 Centennial Plaza

Class List By City

City	Date and Time	Course	Location
Eugene/ Springfield <i>Continued from previous/on next</i>	09/16/2019, 5:30p - 09:00p	Keeping It Professional	Laurel Hill Center, 2145 Centennial Plaza
	09/17/2019, 5:30p - 08:30p	Sensory Processing Disorder - Adult	Laurel Hill Center, 2145 Centennial Plaza
	09/18/2019, 08:30a - 12:00p	Diabetes By The Numbers	WorkSource, 2510 Oakmont Way
	09/18/2019, 1:30p - 4:30p	Heart Healthy	WorkSource, 2510 Oakmont Way
	09/18/2019, 5:30p - 08:00p	Caring For Yourself While Caring For Others	Laurel Hill Center, 2145 Centennial Plaza
	09/23/2019, 5:30p - 7:30p	Preventing Disease Transmission	Laurel Hill Center, 2145 Centennial Plaza
	09/24/2019, 5:30p - 09:00p	Protect Against Sprains & Strains	Laurel Hill Center, 2145 Centennial Plaza
	10/01/2019, 5:30p - 09:00p	Fighting Fraud & Abuse	Laurel Hill Center, 2145 Centennial Plaza
	10/07/2019, 5:30p - 08:30p	Personal Support Worker Orientation	Laurel Hill Center, 2145 Centennial Plaza
	10/08/2019, 08:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	WorkSource, 2510 Oakmont Way
	10/08/2019, 1:30p - 4:30p	Medication Safety	WorkSource, 2510 Oakmont Way
	10/08/2019, 5:30p - 7:30p	eXPRS-Orientation	Laurel Hill Center, 2145 Centennial Plaza
10/15/2019, 5:30p - 08:30p	Working Together	Laurel Hill Center, 2145 Centennial Plaza	

Class List By City

City	Date and Time	Course	Location
Eugene/ Springfield <i>Continued from previous</i>	10/16/2019, 5:30p - 08:00p	Intro to Cultural Competency	Laurel Hill Center, 2145 Centennial Plaza
	10/21/2019, 5:30p - 08:30p	Taking Responsibility in Personal Safety	Laurel Hill Center, 2145 Centennial Plaza
	10/22/2019, 5:30p - 09:00p	Bathing and Grooming	Laurel Hill Center, 2145 Centennial Plaza
	10/30/2019, 5:30p - 08:30p	Sensory Processing Disorder - Child	Laurel Hill Center, 2145 Centennial Plaza
Grants Pass	09/12/2019, 08:30a - 12:00p	Diabetes By The Numbers	APD Office, 2101 NW Hawthorne St
	09/12/2019, 1:30p - 4:30p	Medication Safety	APD Office, 2101 NW Hawthorne St
	09/20/2019, 09:00a - 12:00p	Personal Support Worker Orientation	CLCM, 1215 NE 7th St
	09/20/2019, 1:30p - 3:30p	eXPRS-Orientation	CLCM, 1215 NE 7th St
	10/02/2019, 08:30a - 12:00p	Bathing and Grooming	APD Office, 2101 NW Hawthorne St
	10/02/2019, 1:30p - 4:30p	Diversity Awareness: Challenges Facing LGBT Adults	APD Office, 2101 NW Hawthorne St
	10/30/2019, 08:30a - 11:30a	Heart Healthy	APD Office, 2101 NW Hawthorne St
	10/30/2019, 1:00p - 4:30p	Fighting Fraud & Abuse	APD Office, 2101 NW Hawthorne St
Gresham <i>Continued on next</i>	09/10/2019, 09:00a - 12:30p	Protect Against Sprains & Strains	WorkSource, 19421 SE Stark St

Class List By City

City	Date and Time	Course	Location
Gresham <i>Continued from previous</i>	09/10/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	WorkSource, 19421 SE Stark St
	09/17/2019, 09:00a - 12:00p	Stress Management and Relaxation Techniques	WorkSource, 19421 SE Stark St
	09/17/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	WorkSource, 19421 SE Stark St
	09/27/2019, 09:00a - 12:30p	Bathing and Grooming	WorkSource, 19421 SE Stark St
	09/27/2019, 1:30p - 4:30p	Substance Abuse Awareness	WorkSource, 19421 SE Stark St
	10/15/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	WorkSource, 19421 SE Stark St
	10/15/2019, 1:00p - 3:30p	Intro to Cultural Competency	WorkSource, 19421 SE Stark St
	10/17/2019, 09:00a - 12:00p	Heart Healthy	WorkSource, 19421 SE Stark St
	10/17/2019, 1:30p - 4:30p	Medication Safety	WorkSource, 19421 SE Stark St
	10/31/2019, 08:30a - 12:00p	Keeping It Professional	WorkSource, 19421 SE Stark St
	10/31/2019, 1:30p - 4:30p	Working Together	WorkSource, 19421 SE Stark St
Hermiston	10/02/2019, 09:00a - 12:00p	Personal Support Worker Orientation	The ARC, 215 W Orchard Ave
	10/02/2019, 1:00p - 3:00p	eXPRS-Orientation	The ARC, 215 W Orchard Ave
Hillsboro <i>Continued on next</i>	09/12/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	DHS APD, 5240 NE Elam Young Parkway

Class List By City

City	Date and Time	Course	Location
Hillsboro <i>Continued from previous</i>	09/12/2019, 1:30p - 4:30p	Working Together	DHS APD, 5240 NE Elam Young Parkway
	09/18/2019, 08:30a - 12:00p	Protect Against Sprains & Strains	Holiday Inn Express, 5900 NE Ray Circle
	09/18/2019, 1:30p - 4:00p	Intro to Cultural Competency	Holiday Inn Express, 5900 NE Ray Circle
	09/20/2019, 09:00a - 12:00p	Personal Support Worker Orientation	DHS APD, 5240 NE Elam Young Parkway
	09/20/2019, 1:00p - 3:00p	eXPRS-Orientation	DHS APD, 5240 NE Elam Young Parkway
	09/25/2019, 08:30a - 12:00p	Diabetes By The Numbers	Holiday Inn Express, 5900 NE Ray Circle
	09/25/2019, 1:30p - 4:30p	Heart Healthy	Holiday Inn Express, 5900 NE Ray Circle
	10/17/2019, 08:30a - 12:00p	Keeping It Professional	DHS APD, 5240 NE Elam Young Parkway
	10/17/2019, 1:30p - 4:30p	End of Life	DHS APD, 5240 NE Elam Young Parkway
	10/29/2019, 08:30a - 12:00p	Bathing and Grooming	DHS APD, 5240 NE Elam Young Parkway
10/29/2019, 1:30p - 4:30p	Durable Medical Equipment	DHS APD, 5240 NE Elam Young Parkway	
John Day	09/17/2019, 09:00a - 12:00p	Substance Abuse Awareness	DHS APD Office, 725 W Main St
Joseph	10/22/2019, 08:30a - 12:00p	Bathing and Grooming	Eagle Cap Chalets, 59879 Wallowa Lake Hwy
	10/22/2019, 1:00p - 4:00p	Taking Responsibility in Personal Safety	Eagle Cap Chalets, 59879 Wallowa Lake Hwy

Class List By City

City	Date and Time	Course	Location
Klamath Falls	09/03/2019, 10:00a - 12:30p	Caring For Yourself While Caring For Others	Klamath County DD Office, 3328 Vandenberg Ave
	09/04/2019, 09:00a - 12:00p	Personal Support Worker Orientation	Worksource Oregon, 801 Oak Ave
	09/04/2019, 1:30p - 3:30p	eXPRS-Orientation	Worksource Oregon, 801 Oak Ave
	09/16/2019, 09:30a - 12:30p	Medication Safety	Klamath County DD Office, 3328 Vandenberg Ave
	09/30/2019, 09:00a - 12:30p	Diabetes By The Numbers	Klamath County DD Office, 3328 Vandenberg Ave
	10/14/2019, 09:00a - 12:30p	Bathing and Grooming	Klamath County DD Office, 3328 Vandenberg Ave
La Grande	09/27/2019, 08:30a - 12:00p	Bathing and Grooming	DHS APD, 1607 Gekeler Lane
	09/27/2019, 1:30p - 3:30p	Preventing Disease Transmission	DHS APD, 1607 Gekeler Lane
	10/23/2019, 09:00a - 12:00p	Sensory Processing Disorder - Adult	WorkSource, 1901 Adams Ave
	10/23/2019, 1:30p - 4:30p	End of Life	WorkSource, 1901 Adams Ave
Lincoln City	09/25/2019, 09:00a - 12:00p	End of Life	Lincoln City Cultural Center, 540 NE Hwy 101
	09/25/2019, 1:30p - 3:30p	Preventing Disease Transmission	Lincoln City Cultural Center, 540 NE Hwy 101
	10/09/2019, 08:30a - 12:00p	Bathing and Grooming	Lincoln City Cultural Center, 540 NE Hwy 101
	10/09/2019, 1:30p - 4:30p	Working Together	Lincoln City Cultural Center, 540 NE Hwy 101

Class List By City

City	Date and Time	Course	Location
Madras	09/20/2019, 08:30a - 11:30a	Taking Responsibility in Personal Safety	DHS APD, 189 NE Cypress
	10/03/2019, 08:30a - 12:00p	Diabetes By The Numbers	DHS APD, 189 NE Cypress
	10/03/2019, 1:30p - 4:00p	Caring For Yourself While Caring For Others	DHS APD, 189 NE Cypress
McMinnville	09/11/2019, 09:00a - 12:30p	Fighting Fraud & Abuse	Red Lion Inn, 2535 NE Cumulus Ave
	09/11/2019, 2:00p - 4:30p	Intro to Cultural Competency	Red Lion Inn, 2535 NE Cumulus Ave
	09/17/2019, 09:00a - 12:00p	Personal Support Worker Orientation	WorkSource, 370 NE Norton Ln
	09/17/2019, 1:30p - 3:30p	eXPRS-Orientation	WorkSource, 370 NE Norton Ln
	10/04/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	Red Lion Inn, 2535 NE Cumulus Ave
	10/04/2019, 1:30p - 4:30p	End of Life	Red Lion Inn, 2535 NE Cumulus Ave
Medford <i>Continued on next</i>	09/05/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Smullin Education Center, 2825 E Barnett Rd
	09/19/2019, 12:30p - 4:30p	Nutrition Basics	Smullin Education Center, 2825 E Barnett Rd
	09/20/2019, 08:30a - 12:00p	Diabetes By The Numbers	Ramada Hotel, 2250 Biddle Rd
	09/20/2019, 1:30p - 3:30p	Preventing Disease Transmission	Ramada Hotel, 2250 Biddle Rd
	10/03/2019, 2:00p - 4:30p	Intro to Cultural Competency	Smullin Education Center, 2825 E Barnett Rd

Class List By City

City	Date and Time	Course	Location
Medford <i>Continued from previous</i>	10/22/2019, 12:30p - 4:30p	Ready Set Work	Ramada Hotel, 2250 Biddle Rd
	10/23/2019, 08:30a - 12:00p	Keeping It Professional	Ramada Hotel, 2250 Biddle Rd
	10/23/2019, 1:30p - 4:30p	Stress Management and Relaxation Techniques	Ramada Hotel, 2250 Biddle Rd
Newberg	09/26/2019, 08:30a - 12:00p	Diabetes By The Numbers	Chehalem Park and Recreation District, 125 S. Elliott Road
	09/26/2019, 1:30p - 4:30p	Heart Healthy	Chehalem Park and Recreation District, 125 S. Elliott Road
	10/16/2019, 08:30a - 12:00p	Bathing and Grooming	Chehalem Park and Recreation District, 125 S. Elliott Road
	10/16/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	Chehalem Park and Recreation District, 125 S. Elliott Road
Newport	09/11/2019, 08:30a - 12:30p	Nutrition Basics	Samaritan Center for Health Education, 740 SW 9th St
	09/11/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Samaritan Center for Health Education, 740 SW 9th St
	10/23/2019, 08:30a - 12:00p	Keeping It Professional	Newport Public Library, 35 NW Nye St
	10/23/2019, 1:30p - 4:30p	Working Together	Newport Public Library, 35 NW Nye St
Ontario <i>Continued on next</i>	09/18/2019, 08:30a - 12:30p	Everyone Communicates	DHS APD Office, 186 East Ln

Class List By City

City	Date and Time	Course	Location
Ontario <i>Continued from previous</i>	09/18/2019, 1:30p - 4:30p	Stress Management and Relaxation Techniques	DHS APD Office, 186 East Ln
	10/08/2019, 09:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/09/2019, 09:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/10/2019, 08:30a - 12:00p	Diabetes By The Numbers	DHS APD Office, 186 East Ln
	10/22/2019, 09:30a - 4:30p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/23/2019, 09:30a - 4:30p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/24/2019, 08:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	DHS APD Office, 186 East Ln
	10/25/2019, 09:00a - 12:00p	Personal Support Worker Orientation	Lifeways, 702 Sunset Dr
	10/25/2019, 1:30p - 3:30p	eXPRS-Orientation	Lifeways, 702 Sunset Dr
Pendleton	09/26/2019, 08:30a - 11:30a	Diversity Awareness: Challenges Facing LGBT Adults	Work Source, 450 Marine Dr
	09/26/2019, 1:00p - 3:30p	Caring For Yourself While Caring For Others	Work Source, 450 Marine Dr
	10/03/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	Work Source, 450 Marine Dr
	10/03/2019, 1:30p - 4:30p	Taking Responsibility in Personal Safety	Work Source, 450 Marine Dr

Class List By City

City	Date and Time	Course	Location
Portland	09/16/2019, 3:30p - 6:30p	COMPASS Starts	SMILE Station, 8210 SE 13th Ave
	09/24/2019, 08:30a - 12:00p	Diabetes By The Numbers	SMILE Station, 8210 SE 13th Ave
	09/24/2019, 1:30p - 4:30p	Heart Healthy	SMILE Station, 8210 SE 13th Ave
	10/01/2019, 08:30a - 12:30p	Ready Set Work	SMILE Station, 8210 SE 13th Ave
	10/01/2019, 1:30p - 4:30p	Working Together	SMILE Station, 8210 SE 13th Ave
	10/18/2019, 09:00a - 12:00p	Personal Support Worker Orientation	SMILE Station, 8210 SE 13th Ave
	10/18/2019, 1:30p - 3:30p	eXPRS-Orientation	SMILE Station, 8210 SE 13th Ave
	10/22/2019, 09:00a - 12:00p	Medication Safety	SMILE Station, 8210 SE 13th Ave
	10/22/2019, 1:30p - 4:30p	Heart Healthy	SMILE Station, 8210 SE 13th Ave
Prineville	09/19/2019, 09:00a - 12:00p	Stress Management and Relaxation Techniques	DHS APD, 457 NE Ochoco Plaza Dr
	09/19/2019, 1:00p - 3:30p	Intro to Cultural Competency	DHS APD, 457 NE Ochoco Plaza Dr
	10/25/2019, 08:30a - 11:30a	Medication Safety	DHS APD, 457 NE Ochoco Plaza Dr
Roseburg <i>Continued on next</i>	09/19/2019, 08:30a - 12:00p	Respiratory Care: Oxygen to Ventilators	SORB, 2930 NE Stephens St
	09/19/2019, 1:30p - 3:30p	Preventing Disease Transmission	SORB, 2930 NE Stephens St

Class List By City

City	Date and Time	Course	Location
Roseburg <i>Continued from previous</i>	09/24/2019, 09:30a - 12:30p	Working with Challenging Behaviors	SORB, 2930 NE Stephens St
	09/27/2019, 1:00p - 4:30p	Fighting Fraud & Abuse	WorkSource, 846 SE Pine St
	10/09/2019, 09:00a - 12:00p	Working Together	WorkSource, 846 SE Pine St
	10/09/2019, 1:30p - 4:30p	Sensory Processing Disorder - Child	WorkSource, 846 SE Pine St
	10/24/2019, 09:00a - 12:00p	Personal Support Worker Orientation	SORB, 2930 NE Stephens St
	10/24/2019, 1:30p - 3:30p	eXPRS-Orientation	SORB, 2930 NE Stephens St
	10/31/2019, 11:00a - 2:30p	Keeping It Professional	WorkSource, 846 SE Pine St
Salem <i>Continued on next</i>	09/05/2019, 1:30p - 4:30p	Sensory Processing Disorder - Adult	Day's Inn Black Bear, 1600 Motor Ct NE
	09/10/2019, 08:30a - 12:30p	Everyone Communicates	Day's Inn Black Bear, 1600 Motor Ct NE
	09/10/2019, 2:00p - 4:30p	Caring For Yourself While Caring For Others	Day's Inn Black Bear, 1600 Motor Ct NE
	09/19/2019, 1:30p - 5:00p	Fighting Fraud & Abuse	Day's Inn Black Bear, 1600 Motor Ct NE
	09/24/2019, 09:00a - 12:00p	Taking Responsibility in Personal Safety	Day's Inn Black Bear, 1600 Motor Ct NE
	09/24/2019, 1:30p - 4:30p	Working with Challenging Behaviors	Day's Inn Black Bear, 1600 Motor Ct NE
	09/30/2019, 08:30a - 12:00p	Keeping It Professional	DHS Training Center, 3414 Cherry Avenue NE

Class List By City

City	Date and Time	Course	Location
Salem <i>Continued from previous</i>	09/30/2019, 1:30p - 4:30p	Durable Medical Equipment	DHS Training Center, 3414 Cherry Avenue NE
	10/03/2019, 1:30p - 4:30p	Stress Management and Relaxation Techniques	Day's Inn Black Bear, 1600 Motor Ct NE
	10/08/2019, 09:00a - 12:00p	Working Together	Day's Inn Black Bear, 1600 Motor Ct NE
	10/08/2019, 1:30p - 4:00p	Intro to Cultural Competency	Day's Inn Black Bear, 1600 Motor Ct NE
	10/11/2019, 08:30a - 12:00p	Protect Against Sprains & Strains	DHS, 4074 Winema Place NE
	10/15/2019, 09:00a - 12:00p	Personal Support Worker Orientation	Marion County Health and Human Services, 3180 Center St
	10/15/2019, 1:30p - 3:30p	eXPRS-Orientation	Marion County Health and Human Services, 3180 Center St
	10/18/2019, 08:30a - 12:00p	Grief & Loss	DHS, 4074 Winema Place NE
	10/18/2019, 1:30p - 4:30p	Substance Abuse Awareness	DHS, 4074 Winema Place NE
	10/22/2019, 09:00a - 12:00p	Sensory Processing Disorder - Child	Day's Inn Black Bear, 1600 Motor Ct NE
	10/22/2019, 1:30p - 3:30p	Preventing Disease Transmission	Day's Inn Black Bear, 1600 Motor Ct NE
	10/28/2019, 09:00a - 12:00p	Heart Healthy	DHS Training Center, 3414 Cherry Avenue NE
	10/28/2019, 1:30p - 4:30p	Medication Safety	DHS Training Center, 3414 Cherry Avenue NE

Class List By City

City	Date and Time	Course	Location
St. Helens	10/23/2019, 09:30a - 1:00p	Fighting Fraud & Abuse	Best Western Oak Meadows Inn, 585 S Columbia River Hwy
	10/30/2019, 09:00a - 12:00p	Personal Support Worker Orientation	CCMH Creekside Campus, 58646 McNulty Way
	10/30/2019, 1:30p - 3:30p	eXPRS-Orientation	CCMH Creekside Campus, 58646 McNulty Way
The Dalles	09/11/2019, 10:00a - 12:00p	Preventing Disease Transmission	DHS APD Office, 3641 Klindt Drive
	09/25/2019, 10:00a - 12:30p	Caring For Yourself While Caring For Others	DHS APD Office, 3641 Klindt Drive
	10/09/2019, 09:00a - 12:30p	Protect Against Sprains & Strains	DHS APD Office, 3641 Klindt Drive
Tillamook	09/20/2019, 08:30a - 12:00p	Keeping It Professional	Airport FBO, 5005 Hwy 101 South
	09/20/2019, 1:30p - 4:30p	Sensory Processing Disorder - Adult	Airport FBO, 5005 Hwy 101 South
	10/25/2019, 09:00a - 12:00p	Taking Responsibility in Personal Safety	Airport FBO, 5005 Hwy 101 South
	10/25/2019, 1:30p - 4:30p	Working Together	Airport FBO, 5005 Hwy 101 South
Wilsonville <i>Continued on next</i>	09/25/2019, 09:30a - 4:30p	Enhanced Certification Day 1	Register in iLearnOregon https://go.usa.gov/xUHgs
	09/26/2019, 09:30a - 4:30p	Enhanced Certification Day 2	Register in iLearnOregon https://go.usa.gov/xUHgs
	10/09/2019, 09:30a - 4:30p	Enhanced Certification Day 3	Register in iLearnOregon https://go.usa.gov/xUHgs

Class List By City

City	Date and Time	Course	Location
Wilsonville <i>Continued from previous</i>	10/10/2019, 09:30a - 4:30p	Enhanced Certification Day 4	Register in iLearnOregon https://go.usa.gov/xUHgs
Woodburn	09/03/2019, 08:30a - 12:00p	Fighting Fraud & Abuse	DHS Training Center, 120 E. Lincoln St
	09/03/2019, 1:30p - 4:30p	Working Together	DHS Training Center, 120 E. Lincoln St
	09/17/2019, 08:30a - 12:00p	Keeping It Professional	DHS Training Center, 120 E. Lincoln St
	10/17/2019, 09:00a - 12:00p	Stress Management and Relaxation Techniques	DHS Training Center, 120 E. Lincoln St
	10/30/2019, 09:00a - 12:00p	Heart Healthy	DHS Training Center, 120 E. Lincoln St

SAVE TIME. REGISTER ONLINE!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
2	<p>Klamath Falls C4Y 10:00a - 12:30p Portland KIP-RUS 5:00p - 08:30p Woodburn F&A 08:30a - 12:00p WT 1:30p - 4:30p</p>	<p>Klamath Falls PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Portland WT-RUS 2:00p - 5:00p</p>	<p>Medford C4Y 2:00p - 4:30p Salem SPD-A 1:30p - 4:30p</p>	5	7	1	
9	<p>Albany KIP 09:00a - 12:30p DME 1:30p - 4:30p Brookings WT 08:30a - 11:30a Meds 1:00p - 4:00p Clackamas DEMT01 09:00a - 12:00p EOL 1:30p - 4:30p Eugene/Springfield eXPRS-O 5:30p - 7:30p Gresham PASS 09:00a - 12:30p SPD-C 1:30p - 4:30p Salem EC 08:30a - 12:30p C4Y 2:00p - 4:30p</p>	<p>Albany KIP 09:00a - 12:30p DME 1:30p - 4:30p Brookings WT 08:30a - 11:30a Meds 1:00p - 4:00p Clackamas DEMT01 09:00a - 12:00p EOL 1:30p - 4:30p Eugene/Springfield eXPRS-O 5:30p - 7:30p Gresham PASS 09:00a - 12:30p SPD-C 1:30p - 4:30p Salem EC 08:30a - 12:30p C4Y 2:00p - 4:30p</p>	<p>Beaverton SMART 12:30p - 3:30p Clackamas Meds 09:00a - 12:00p HH 1:30p - 4:30p McMinnville F&A 09:00a - 12:30p ICC 2:00p - 4:30p Newport NB 08:30a - 12:30p C4Y 2:00p - 4:30p The Dalles PDT 10:00a - 12:00p</p>	<p>Medford PASS 12:30p - 4:00p Grants Pass DBN 08:30a - 12:00p Meds 1:30p - 4:30p Hillsboro F&A 08:30a - 12:00p WT 1:30p - 4:30p Salem TRIPS-RUS 1:30p - 4:30p</p>	10	14	15
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	17	21	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	18	22	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	19	22	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	20	22	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	21	22	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	22	22	22
16	<p>Eugene/Springfield KIP 5:30p - 09:00p Klamath Falls Meds 09:30a - 12:30p Portland COMPASS starts 3:30p - 6:30p</p>	<p>Beaverton B&G 12:30p - 4:00p Eugene/Springfield SPD-A 5:30p - 08:30p Gresham SMART 09:00a - 12:00p TRIPS 1:30p - 4:30p John Day SAA 09:00a - 12:00p McMinnville PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn KIP 08:30a - 12:00p B&G-SPN 1:00p - 4:30p</p>	<p>Bend CB 08:30a - 11:30a SPD-A 1:00p - 4:00p Clackamas B&G 09:00a - 12:30p C4Y 2:00p - 4:30p Eugene/Springfield DBN 08:30a - 12:00p HH 1:30p - 4:30p C4Y 5:30p - 08:00p Hillsboro PASS 08:30a - 12:00p ICC 1:30p - 4:00p Ontario EC 08:30a - 12:30p SMART 1:30p - 4:30p</p>	<p>Astoria Meds 09:00a - 12:00p WT 1:30p - 4:30p Baker City EOL 09:00a - 12:00p B&G 1:00p - 4:30p Medford NB 12:30p - 4:30p Prineville SMART 09:00a - 12:00p ICC 1:00p - 3:30p Roseburg RC 08:30a - 12:00p PDT 1:30p - 3:30p Salem F&A 1:30p - 5:00p</p>	23	22	22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>23</p> <p>Beaverton NB 12:30p - 4:30p Eugene/Springfield PDT 5:30p - 7:30p</p>	<p>24</p> <p>Albany F&A 09:00a - 12:30p SPD-A 1:30p - 4:30p Beaverton PDT 1:30p - 3:30p Eugene/Springfield PASS 5:30p - 09:00p Portland DBN 08:30a - 12:00p HH 1:30p - 4:30p Roseburg CB 09:30a - 12:30p Salem TRIPS 09:00a - 12:00p CB 1:30p - 4:30p</p>	<p>25</p> <p>Coos Bay/North Bend F&A 08:30a - 12:00p DEM101 1:30p - 4:30p Hillsboro DBN 08:30a - 12:00p HH 1:30p - 4:30p Lincoln City EOL 09:00a - 12:00p PDT 1:30p - 3:30p The Dalles C4Y 10:00a - 12:30p Wilsonville ENH-1 09:30a - 10:30a</p>	<p>26</p> <p>Coos Bay/North Bend RC 08:30a - 12:00p WT 1:30p - 4:30p Newberg DBN 08:30a - 12:00p HH 1:30p - 4:30p Pendleton LGBT 08:30a - 11:30a C4Y 1:00p - 3:30p Portland TRIPS-RUS 5:00p - 08:00p Salem F&A-SPN 08:30a - 12:00p KIP-SPN 1:00p - 4:30p F&A-RUS 09:00a - 12:30p PDT-RUS 2:00p - 4:00p Wilsonville ENH-2 09:30a - 10:30a</p>	<p>27</p> <p>Clackamas F&A 08:30a - 12:00p WT 1:30p - 4:30p Gresham B&G 09:00a - 12:30p SAA 1:30p - 4:30p Hillsboro NB-SPN 4:00p - 08:00p La Grande B&G 08:30a - 12:00p PDT 1:30p - 3:30p Portland NB-ARA 5:00p - 09:00p Roseburg F&A 1:00p - 4:30p</p>	<p>28</p>	<p>29</p>
<p>30</p> <p>Clackamas EC 08:30a - 12:30p ICC 2:00p - 4:30p Klamath Falls DBN 09:00a - 12:30p Salem KIP 08:30a - 12:00p DME 1:30p - 4:30p</p>						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
<p>Bend ENH-1 09:30a - 10:30a Eugene/Springfield F&A 5:30p - 09:00p Portland RSW 08:30a - 12:30p WT 1:30p - 4:30p</p>	<p>Bend ENH-2 09:30a - 10:30a Clackamas DBN 09:00a - 12:30p G-L 1:30p - 5:00p Grants Pass B&G 08:30a - 12:00p LGBT 1:30p - 4:30p Hermiston PSWO 09:00a - 12:00p eXPRS-O 1:00p - 3:00p</p>	<p>Madras DBN 08:30a - 12:00p C4Y 1:30p - 4:00p Medford ICC 2:00p - 4:30p Pendleton F&A 08:30a - 12:00p TRIPS 1:30p - 4:30p Salem SMART 1:30p - 4:30p</p>	<p>Hillsboro SPD-A-SPN 4:30p - 7:30p McMinville F&A 08:30a - 12:00p EOL 1:30p - 4:30p Portland PDT-SOM 4:00p - 6:00p F&A-ARA 5:00p - 08:30p</p>			
7	8	9	10	11	12	13
<p>Albany SAA 08:30a - 11:30a DBN 12:30p - 4:00p Eugene/Springfield PSWO 5:30p - 08:30p</p>	<p>Albany EOL 09:00a - 12:00p WT 1:00p - 4:30p Eugene/Springfield RC 08:30a - 12:00p Meds 1:30p - 4:30p eXPRS-O 5:30p - 7:30p Ontario ENH-1 09:30a - 10:30a Portland ICC-RUS 5:00p - 7:30p Salem WT 09:00a - 12:00p ICC 1:30p - 4:00p</p>	<p>Coos Bay/North Bend B&G 08:30a - 12:00p KIP 1:00p - 4:30p Lincoln City B&G 08:30a - 12:00p WT 1:30p - 4:30p Ontario ENH-2 09:30a - 10:30a Portland PASS-RUS 2:00p - 5:30p Roseburg WT 09:00a - 12:00p SPD-C 1:30p - 4:30p The Dalles PASS 09:00a - 12:30p Wilsonville ENH-3 09:30a - 10:30a</p>	<p>Beaverton F&A 12:30p - 4:00p Coos Bay/North Bend PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Ontario DBN 08:30a - 12:00p Wilsonville ENH-4 09:30a - 10:30a</p>	<p>Burns HH 09:00a - 12:00p Portland NB-SOM 4:00p - 08:00p B&G-ARA 4:00p - 7:30p Salem PASS 08:30a - 12:00p PASS-RUS 1:00p - 4:30p</p>	<p>Portland SPD-A-SOM 10:00a - 1:00p KIP-MAI 3:00p - 6:30p</p>	
14	15	16	17	18	19	20
<p>Beaverton KIP 12:30p - 4:00p Coos Bay/North Bend SPD-A 1:30p - 4:30p Klamath Falls B&G 09:00a - 12:30p</p>	<p>Bend NB 08:30a - 12:30p DEM101 1:30p - 4:30p Coos Bay/North Bend ENH-1 09:30a - 10:30a Eugene/Springfield WT 5:30p - 08:30p Gresham F&A 08:30a - 12:00p ICC 1:00p - 3:30p Salem PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p</p>	<p>Beaverton WT 1:00p - 4:00p Bend PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Coos Bay/North Bend ENH-2 09:30a - 10:30a Eugene/Springfield ICC 5:30p - 08:00p Newberg B&G 08:30a - 12:00p TRIPS 1:30p - 4:30p Portland RSW-RUS 2:00p - 6:00p</p>	<p>Brookings HH 1:30p - 4:30p Gresham HH 09:00a - 12:00p Meds 1:30p - 4:30p Hillsboro KIP 08:30a - 12:00p EOL 1:30p - 4:30p Woodburn SMART 09:00a - 12:00p PASS-SPN 1:00p - 4:30p</p>	<p>Brookings F&A 08:30a - 12:00p Hillsboro KIP-SPN 4:30p - 08:00p Portland PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p PDT-ARA 5:00p - 7:00p Salem G-L 08:30a - 12:00p SAA 1:30p - 4:30p</p>	<p>Portland WT-MAI 3:00p - 6:00p</p>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>21</p> <p>Eugene/Springfield TRIPS 5:30p - 08:30p</p>	<p>22</p> <p>Bend ENH-3 09:30a - 10:30a Eugene/Springfield B&G 5:30p - 09:00p Joseph B&G 08:30a - 12:00p TRIPS 1:00p - 4:00p Medford RSW 12:30p - 4:30p Ontario ENH-3 09:30a - 10:30a Portland MedS 09:00a - 12:00p HH 1:30p - 4:30p Salem SPD-C 09:00a - 12:00p PDT 1:30p - 3:30p</p>	<p>23</p> <p>Bend ENH-4 09:30a - 10:30a Clackamas CB 09:00a - 12:00p DME 1:30p - 4:30p La Grande SPD-A 09:00a - 12:00p EOL 1:30p - 4:30p Medford KIP 08:30a - 12:00p SMART 1:30p - 4:30p Newport KIP 08:30a - 12:00p WT 1:30p - 4:30p Ontario ENH-4 09:30a - 10:30a St. Helens F&A 09:30a - 1:00p</p>	<p>24</p> <p>Astoria B&G 08:30a - 12:00p PDT 1:30p - 3:30p Baker City G-L 08:30a - 12:00p DEM101 1:30p - 4:30p Beaverton SPD-A 1:00p - 4:00p Bend EOL 09:00a - 12:00p TRIPS 1:00p - 4:00p Ontario RC 08:30a - 12:00p Roseburg PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Salem RSW-SPN 08:30a - 12:30p WT-SPN 1:30p - 4:30p</p>	<p>25</p> <p>Burns MedS 09:00a - 12:00p Hillsboro CB-SPN 4:30p - 7:30p Ontario PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Portland SPD-A-ARA 5:00p - 08:00p Prineville MedS 08:30a - 11:30a Salem SMART-RUS 09:00a - 12:00p SAA-RUS 1:30p - 4:30p Tillamook TRIPS 09:00a - 12:00p WT 1:30p - 4:30p</p>	<p>26</p>	<p>27</p>
<p>28</p> <p>Coos Bay/North Bend MedS 1:30p - 4:30p Salem HH 09:00a - 12:00p MedS 1:30p - 4:30p</p>	<p>29</p> <p>Albany HH 09:00a - 12:00p MedS 1:30p - 4:30p Coos Bay/North Bend ENH-3 09:30a - 10:30a Hillsboro B&G 08:30a - 12:00p DME 1:30p - 4:30p Portland B&G-RUS 5:00p - 08:30p</p>	<p>30</p> <p>Clackamas PASS 08:30a - 12:00p WT 1:30p - 4:30p Coos Bay/North Bend ENH-4 09:30a - 10:30a Eugene/Springfield SPD-C 5:30p - 08:30p Grants Pass HH 08:30a - 11:30a F&A 1:00p - 4:30p St. Helens PSWO 09:00a - 12:00p eXPRS-O 1:30p - 3:30p Woodburn HH 09:00a - 12:00p HH-SPN 1:00p - 4:00p</p>	<p>31</p> <p>Gresham KIP 08:30a - 12:00p WT 1:30p - 4:30p Roseburg KIP 11:00a - 2:30p</p>			

Class Abbreviations			
B&G: Bathing & Grooming	eXPRS-O: eXPRS Orientation	PASS: Protect Against Sprains & Strains	TRIPS: Taking Responsibility in Personal Safety
C4Y: Caring for Yourself While Caring for Others	F&A: Fraud & Abuse	PDT: Preventing Disease Transmission	WT: Working Together
CB: Challenging Behaviors	G&L: Grief & Loss	PSW-O: Personal Support Worker Orientation	
COMP: Communities of Practice and Safety Support	HH: Heart Healthy	RC: Respiratory Care	-ARA: Arabic
DEM 101: Dementia 101	ICC: Introduction to Cultural Competency	RSW: Ready, Set, Work!	-MAI: Mai Mai
DBN: Diabetes by the Numbers	KIP: Keeping it Professional	SAA: Substance Abuse Awareness	-SOM: Somali
DME: Durable Medical Equipment	LGBT: Diversity Awareness- Challenges Facing Lesbian, Gay, Bisexual, and Transgender Older Adults	SPD-A: Sensory Processing Disorder-Adults	-SPN: Spanish
EC: Everyone Communicates	MedS: Medication Safety	SPD-C: Sensory Processing Disorder-Children	-RUS: Russian
EoL: End of Life	NB: Nutrition Basics	SMART: Stress Management and Relaxation Techniques	-VIE: Vietnamese

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