



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

JANUARY 2015

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 503-378-8425**

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. Please tell us your name, provider number and the dates, class names and cities of the trainings you wish to attend

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

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

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 9 for instructions. Classes marked with "F" at the end of the description have been approved for foster home CEUs.

TRAINING COMPLETION & PAYMENT

Homecare Workers and Personal Support Workers may be paid 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.
- Class is approved for the specific work group by the Home Care Commission.
- Have not been paid for that class in the previous 12 months.

continued on next page

**To sign up to receive the Training News, or to register for training, call
503-378-8425 or 1-877-867-0077, #2**

Training Pay continued

- 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 the Independent Choices Program may be paid for classes marked with “**ICP**”.

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.

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.

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
Coos Bay	Thursday, February 27 10:00 – 1:30	Red Lion 1313 N Bayshore
Florence	Friday, February 13 8:30 – 12:00	Florence Events Center 715 Quince Street
Medford	Thursday, January 29 9:00 – 12:30	Rogue Regency Inn 2300 Biddle Road (<i>I-5, Exit 30</i>)
Portland	Wednesday, February 11 9:00 – 12:30	SEIU Local 503 Union Hall 6401 SE Foster Road
Roseburg	Saturday, February 21 1:30 – 5:00	Holiday Inn 375 Harvard Boulevard (<i>at Exit 124</i>)
Salem Class in Spanish	Saturday, February 21 9:00 – 12:30 Esta clase en Español	Day's Inn Black Bear 1600 Motor Court NE (<i>off Market St, behind Denny's</i>)
St. Helens	Thursday, January 8 1:30 – 5:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Wednesday, January 14 1:30 – 5:00	Doubletree (former Phoenix Inn) 9575 SW Locust Street (<i>at Greenburg near Washington Square</i>)

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.

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, F**

City	Date/Time	Location
Eugene	Saturday, January 10 9:00 – 12:00	Phoenix Inn Suites 850 Franklin Boulevard Note: location change
Tigard	Wednesday, January 14 9:00 – 12:00	Doubletree (former Phoenix Inn) 9575 SW Locust Street (at Greenburg near Washington Square)

CHALLENGING BEHAVIORS – 3 hours

Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors, problem solving, and communication ideas. **H/ICP, F**

City	Date/Time	Location
Bend	Wednesday, February 4 10:00 – 1:00	Holiday Inn Express 20615 Grandview Drive
Eugene	Sunday, February 8 1:00 – 4:00	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Monday, January 5 5:00 – 8:00	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Grants Pass	Thursday, February 26 1:30 – 4:30	Club Northwest 2160 NW Vine
Pendleton	Monday, January 26 2:30- 5:30	Red Lion 304 SE Nye Avenue
Portland Class in Russian	Tuesday, January 13 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Monday, January 19 2:00 - 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Thursday, January 22 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Wednesday, February 11 2:00 – 5:00	SEIU Local 503 Union Hall 6401 SE Foster Road
Salem Class in Russian	Wednesday, January 14 2:00 - 5:00 Класс на русском языке	Red Lion 3301 Market Street NE

Save The Heart of Someone You Love This Year



Now is the perfect time to think about the damage smoking does to your heart and the hearts of those you love. Smoking hurts not only the hearts of the smoker, but also the hearts of family members, friends and coworkers. You can help save the life of one of the 7,000 Oregonians dying every year from smoking-related reasons.

Call the Quit Line now! If you live in Oregon, you are eligible for free counseling, medication and Quit Guides. 1-800-784-8669 or go to www.quitnow.net/Oregon

Exciting New Training Opportunity in 2015!

COMPASS– 7 sessions, 2-3 hrs each
Communities of Practice & Safety Support**

Based on a format shown to be fun and effective, Homecare Workers can sign up to join a COMPASS safety and wellness team and meet every two weeks for seven sessions. In your team you will learn about caring for your own safety and health, receive support for challenges at work, and get to know other home care workers. Topics include: team building, fruits and vegetables, back to healthy postures, functional fitness, take a load off with tools, communicating for hazard correction, and mental health. **H/ICP**

Two groups will be starting in **Salem** in February; one on Saturdays beginning Feb 14 and one on Tuesday afternoons beginning Feb 17. Teams will meet every other week.

If you are interested in enrolling, please contact the COMPASS team directly at: 503-662-2966 or at compass@ohsu.edu. Call soon, as space is limited.

**This is a series of seven meetings over a three-month period. You must attend the first session to participate and cannot enroll after the first session.

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
Albany	Thursday, January 8 12:30 – 4:30	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Gresham	Tuesday, January 20 12:00 – 4:00	Sheraton Four Points 1919 NE 181 st <i>(next to Francis Xavier restaurant)</i>
Portland	Friday, February 6 9:00 – 1:00	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Salem	Tuesday, February 3 1:00 – 5:00	Red Lion 3301 Market St NE
The Dalles	Tuesday, January 6 12:30 – 4:30	Cousins Country Inn 2114 W 6th Street

DIABETES BY THE NUMBERS – 3 ½ 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
Albany	Monday, January 12 9:00 – 12:30	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Coos Bay	Saturday, January 24 9:00 – 12:30	Red Lion 1313 N Bayshore
Eugene / Springfield	Monday, February 16 9:00 – 12:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 Exit 195A, behind Comfort Inn)</i>
McMinnville	Sunday, January 11 1:00 – 4:30	Red Lion 2535 NE Cumulus <i>(across from hospital)</i>
Medford	Saturday, February 21 10:00 – 1:30	Inn at the Commons 200 N Riverside Avenue
Roseburg	Sunday, February 15 11:00 – 2:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</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, F**

City	Date/Time	Location
Florence	Thursday, February 12 2:00 – 5:00	Florence Events Center 715 Quince Street
Grants Pass	Tuesday, January 20 10:00 – 1:00	Guild Building - The Board Room 1867 Williams Highway
La Grande	Tuesday, February 3 10:00 – 1:00	Blue Mountain Conference Center 404 12th Street
Lebanon	Friday, January 16 5:30 – 8:30	Lebanon Community Hospital – Room D 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Portland	Saturday, January 10 10:00 – 1:00	SMILE Station 8210 SE 13th Ave <i>(at Tenino)</i>
Salem	Saturday, February 7 1:00 – 4:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market St)</i>
Tigard	Monday, February 9 5:00 – 8:00	Doubletree (former Phoenix Inn) 9575 SW Locust Street <i>(at Greenburg near Washington Square)</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
Coos Bay	Saturday, February 28 10:00 – 1:00	Red Lion 1313 N Bayshore
Corvallis	Thursday, February 19 9:00 – 12:00	Comfort Suites 1730 NW 9th Street
Grants Pass	Thursday, February 26 9:00 – 12:00	Club Northwest 2160 NW Vine
Oregon City	Tuesday, January 13 9:00 – 12:00	Providence Willamette Falls Community Cente 519 15th Street <i>(at Washington)</i>
Portland	Thursday, February 12 1:00 – 4:00	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Portland	Thursday, February 12 5:30 – 8:30	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Redmond	Thursday, January 15 8:30 – 11:30	Comfort Suites Airport 2243 SW Yew Avenue

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
Albany	Friday, February 6 10:00 – 2:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Astoria	Friday, January 16 9:30 – 1:30	Holiday Inn Express 204 W Marine Drive
Portland	Thursday, February 19 3:30 – 7:30	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Salem	Wednesday, January 21 9:30 – 1:30	Day's Inn Black Bear 1600 Motor Ct NE <i>(off Market, behind Denny's)</i>
St. Helens	Tuesday, February 24 10:00 – 2:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Wednesday, January 7 9:30 – 1:30	Doubletree (former Phoenix Inn) 9575 SW Locust Street <i>(at Greenburg near Washington Square)</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
Albany	Friday, February 6 3:30 – 7:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Astoria	Friday, January 16 3:00 – 6:30	Holiday Inn Express 204 W Marine Drive
Portland	Thursday, February 26 3:30 – 7:00	SMILE Station 8210 SE 13th Ave <i>(at Tenino)</i>
Salem	Wednesday, January 21 3:00 – 6:30	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market, behind Denny's)</i>
St. Helens	Tuesday, February 24 3:30 – 7:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Wednesday, January 7 3:00 – 6:30	Doubletree (former Phoenix Inn) 9575 SW Locust Street <i>(at Greenburg near Washington Square)</i>

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
Astoria	Tuesday, February 24 12:00 – 3:00	Holiday Inn Express 204 W Marine Drive
Bend	Thursday, January 22 2:00 – 5:00	Doubletree 300 NW Franklin
Klamath Falls	Friday, February 13 4:30 – 7:30	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Tuesday, February 17 4:30 – 7:30	Lebanon Community Hospital – Room 3 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Portland	Friday, January 9 3:00 – 6:00	SMILE Station 8210 SE 13th Avenue <i>(at Tenino)</i>
Portland	Thursday, February 26 11:00 – 2:00	SMILE Station 8210 SE 13th Avenue <i>(at Tenino)</i>
Salem	Monday, January 26 11:00 – 2:00	Doubletree 1590 Weston Ct NE <i>(at I-5 and Market)</i>
Salem Class in Russian	Thursday, February 12 11:00 – 2:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Tigard	Monday, February 9 12:30 – 3:30	Doubletree (former Phoenix Inn) 9575 SW Locust Street <i>(at Greenburg)</i>
Tillamook	Monday, February 23 12:00 – 3:00	NW Senior & Disability Services 5010 E 3rd Street <i>(just past the Fairgrounds)</i>

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, F**

City	Date/Time	Location
Oregon City	Wednesday, February 18 2:00 – 5:30	Providence Willamette Falls Community Center 519 15th Street (at Washington)
Salem	Wednesday, January 14 9:00 – 12:30	Red Lion 3301 Market Street NE

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
Bend	Wednesday, February 4 2:30 – 6:00	Holiday Inn Express 20615 Grandview Drive
Clackamas	Friday, February 20 9:00 – 12:30	New Hope Church – Room 151-152 11731 SE Stevens (N of Sunnyside Rd, enter from rear parking lot facing freeway)
Joseph	Wednesday, February 4 5:30 – 9:00	Point of Connection Center 83346 Joseph Highway
Medford	Wednesday, February 11 12:00 – 3:30	Rogue Regency Inn 2300 Biddle Road (at Exit 30)
Portland	Saturday, January 10 2:30 – 6:00	SMILE Station 8210 SE 13th Avenue (at Tenino)
Roseburg	Wednesday, January 21 1:00 – 4:30	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)
The Dalles	Tuesday, January 27 12:30 – 4:00	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 of \$15 per class hour 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 Catalog. Search OHCC to find open classes.

Classes with "F" at the end of the description in this newsletter are approved for Adult Foster Home CEUs.

MEDICATION SAFETY – 3 hours

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. **H/ICP, P**

City	Date/Time	Location
Beaverton	Monday, January 26 5:00 – 8:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Coos Bay	Saturday, January 24 2:00 – 5:00	Red Lion 1313 N Bayshore
Klamath Falls	Friday, February 13 12:00 – 3:00	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Tuesday, February 17 12:00 – 3:00	Lebanon Community Hospital – Room 3 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Newport	Monday, February 16 2:00 – 5:00	Embarcadero 1000 SE Bay Road
Oakridge	Tuesday, January 27 2:30 – 5:30	St. Vincent de Paul Center 47663 Highway 58
Portland Class in Russian	Monday, January 19 9:30 – 12:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Tuesday, February 3 1:00 – 4:00	SEIU Local 503 Union Hall 6401 SE Foster Road
Redmond	Saturday, January 3 10:00 – 1:00	Comfort Suites Airport 2243 SW Yew Avenue
Salem Class in Russian	Thursday, February 12 3:00 – 6:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Salem	Monday, February 16 5:30 – 8:30	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market, behind Denny's)</i>

HELPING IN AN EMERGENCY

As we all know, weather can be unpredictable in Oregon. If you would like to volunteer to assist someone during a natural disaster or other community emergency, please mark this on the Registry.

- ◆ Click on the *Availability tab*.
- ◆ Scroll down to the *Work Type* section
- ◆ Check "Assisting with evacuation and in-home services in the event of a natural disaster?" Then be sure to click "Update"

Thank you!

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
Beaverton	Saturday, February 7 9:00 – 12:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Coos Bay	Friday, February 20 5:30 – 8:30	Red Lion 1313 N Bayshore
Corvallis	Thursday, February 19 1:30 – 4:30	Comfort Suites 1730 NW 9th Street
Eugene	Thursday, January 15 2:30 – 5:30	Phoenix Inn Suites 850 Franklin Boulevard
Lincoln City	Thursday, February 19 10:00 – 1:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Oregon City	Tuesday, January 13 1:30 – 4:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
St. Helens	Thursday, January 8 9:00 – 12:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

NUTRITION BASICS – 4 hours

Basics of nutrition, nutrient categories, meal timing, meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns. **H/ICP, P, F**

City	Date/Time	Location
Corvallis	Wednesday, January 21 12:00 – 4:00	Holiday Inn Express on the River 781 NE 2nd
Grants Pass	Monday, February 9 9:00 – 1:00	The Lodge Meeting Space Oak Room 1 900 SE 8th Street

PROTECTING YOURSELF FROM DISEASE

Protecting yourself from infectious diseases on the job requires knowing the facts, practicing good hygiene, and taking a few sensible precautions. These are measures that you can control. They are vitally important, so take them seriously.

Hand washing is one of your best defenses against spreading infection. Always wash your hands with non-abrasive soap and water after removing gloves AND before putting new gloves on. Wash your hands several times a day and use as many gloves as necessary.

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
Bend	Friday, January 30 9:00 – 12:30	Holiday Inn Express 20615 Grandview Drive
Coos Bay	Saturday, January 31 9:00 – 12:30	Red Lion 1313 N Bayshore
Eugene / Springfield	Tuesday, February 3 9:00 – 12:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 Exit 195A, behind Comfort Inn)</i>
Hillsboro Class in Spanish	Friday, February 6 9:00 – 12:30 Esta clase en Español	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
John Day	Wednesday, February 18 9:00 – 12:30	Outpost Pizza 201 W Main Street
Klamath Falls	Thursday, February 26 2:30 – 6:00	Best Western Olympic Inn 2627 S Sixth Street
Newport	Friday, January 16 10:00 – 1:30	Embarcadero 1000 SE Bay Road
Oregon City	Thursday, January 22 8:30 – 12:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Roseburg	Saturday, February 21 9:00 – 12:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>

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 (Protect Against Sprains & Strains, Preventing Disease Transmission, or TRIPS)
- Two additional caregiving or skills classes
- Current 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. 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:

Gary Jarvie, Grants Pass
Vera Lowry, Grants Pass
Kim Stichler, St. Helens

Hanna Kulakevich, Portland
Deborah Robbins, Lebanon
Suzanne Weber, Scappoose

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
Clackamas	Friday, February 20 2:00 – 4:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Eugene	Sunday, February 8 5:30 – 7:30	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Monday, January 19 4:30 – 6:30	Guild Building - The Board Room 1867 Williams Highway
Hillsboro Class in Spanish	Friday, February 6 1:30 – 3:30 Esta clase en Español	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
La Grande	Tuesday, February 3 2:30 – 4:30	Blue Mountain Conference Center 404 12th Street
Medford	Wednesday, February 11 4:30 – 6:30	Rogue Regency Inn 2300 Biddle Road <i>(at Exit 30)</i>
Newport	Saturday, February 21 9:00 – 11:00	Comfort Inn 531 SW Fall Street
Portland	Sunday, January 4 1:30 – 3:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland Class in Russian	Tuesday, February 3 5:00 – 7:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Prineville	Thursday, February 19 11:00 – 1:00	Stafford Inn 1773 NE 3rd Street (Hwy 26)
Salem	Thursday, February 19 10:00 – 12:00	Red Lion 3301 Market Street NE

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.

OIS-G TRAINING

The Home Care Commission offers a 2-day *Oregon Intervention System-General 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, AND
- can show proof of paid hours as a PSW in any one of three full calendar months prior to submitting the request form, AND
- have completed at least two Oregon Home Care Commission training classes (except *MoneyWise* and *Challenging Behaviors*).

After submitting the OIS-G Training Request Form, you will be contacted to register for an upcoming class. Download the **OIS-G Request for Training** from this URL: <http://go.usa.gov/AppQ>

A training stipend is not provided.

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 for this class.

City	Date/Time	Location
Eugene	Thursday, January 15 9:00 – 1:00	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Saturday, February 28 9:00 – 1:00	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Hillsboro	Friday, January 16 10:00 – 2:00	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
Joseph	Wednesday, February 4 12:00 – 4:00	Point of Connection Center 83346 Joseph Highway
Lebanon	Friday, January 16 12:00 – 4:00	Lebanon Community Hospital – Room D 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Ontario	Wednesday, January 28 2:30 – 6:30	Four Rivers Cultural Center 676 SW 5th Avenue
Redmond	Thursday, January 15 1:00 – 5:00	Comfort Suites Airport 2243 SW Yew Avenue

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
Bend	Friday, January 30 2:30 – 6:00	Holiday Inn Express 20615 Grandview Drive
Eugene	Wednesday, January 21 10:30 – 2:00	Holiday Inn Express 2117 Franklin Boulevard (Near U of O)
Eugene / Springfield	Tuesday, February 3 2:00 – 5:30	Holiday Inn 919 Kruse Way, Springfield (I-5 Exit 195A, behind Comfort Inn)
Grants Pass	Sunday, February 1 1:00 – 4:30	Club Northwest 2160 NW Vine
Newport	Friday, February 20 1:30 – 5:00	Comfort Inn 531 SW Fall Street
Oregon City	Thursday, January 22 2:00 – 5:30	Providence Willamette Falls Community Center 519 15th Street (at Washington)
Salem	Thursday, February 19 1:30 – 5:00	Red Lion 3301 Market Street NE

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	Saturday, February 7 1:30 – 4:30	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes)
Clackamas	Saturday, January 24 1:30 – 4:30	New Hope Church – Room 151-152 11731 SE Stevens (N of Sunnyside Rd, enter from rear parking lot facing freeway)
Corvallis	Saturday, January 17 1:30 – 4:30	Holiday Inn Express on the River 781 NE 2nd
Eugene	Saturday, January 10 1:30 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard Note: location change
Medford	Thursday, January 29 2:00 – 5:00	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
Newport	Saturday, January 17 10:00 – 1:00	Embarcadero 1000 SE Bay Road
Ontario	Wednesday, January 28 10:00 – 1:00	Four Rivers Cultural Center 676 SW 5th Avenue
Prineville	Thursday, February 19 2:30 – 5:30	Stafford Inn 1773 NE 3rd Street (Hwy 26)
Roseburg	Tuesday, January 20 5:30 – 8:30	Holiday Inn 375 Harvard Boulevard (at Exit 124)

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
Clackamas	Saturday, January 24 9:00 – 12:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Coos Bay	Friday, February 20 1:00 – 4:00	Red Lion 1313 N Bayshore
Corvallis	Saturday, January 17 9:00 – 12:00	Holiday Inn Express on the River 781 NE 2nd
Eugene	Tuesday, February 24 2:00 – 5:00	Phoenix Inn Suites 850 Franklin Boulevard
John Day	Wednesday, February 18 2:00 – 5:00	Outpost Pizza 201 W Main Street
Klamath Falls	Thursday, February 26 10:00 – 1:00	Best Western Olympic Inn 2627 S Sixth Street
Lincoln City	Thursday, February 19 2:30 – 5:30	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Portland Class in Russian	Tuesday, February 10 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Saturday, February 14 9:00 – 12:00	SMILE Station 8210 SE 13th Avenue <i>(at Tenino)</i>
Portland Class in Russian	Wednesday, February 18 2:00 – 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Thursday, February 19 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Salem	Saturday, February 7 9:00 – 12:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market St)</i>
Salem Class in Russian	Wednesday, February 11 2:00 – 5:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Salem Class in Spanish	Saturday, February 21 1:30 – 4:30 Esta clase en Español	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market, behind Denny's)</i>

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 and language. **H/ICP**

City	Date/Time	Location
Coos Bay	Saturday, January 31 2:00 – 5:00	Red Lion 1313 N Bayshore
Eugene	Wednesday, February 25 10:00 – 1:00	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Saturday, February 28 2:00 – 5:00	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Hillsboro	Friday, January 16 3:30 – 6:30	Tuality Community Hospital Health Education Center 335 SE 8th Avenue
Pendleton	Monday, January 26 10:00 – 1:00	Red Lion 304 SE Nye Avenue
The Dalles	Tuesday, January 27 5:30 – 8:30	Cousins Country Inn 2114 W 6th Street

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. Your year begins on the date your provider number became active, OR on Oct 4, if you were an active provider when the 2013-15 contract was ratified. (whichever came last).
- 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 approved for your group, except for MoneyWise.
- If you do NOT wish to be referred through the RRS, there is NO training requirement.

TRAININGS AT-A-GLANCE

JANUARY, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3 MedS 10-1 <i>Redmond</i>
4 PDT 1:30-3:30 <i>Portland</i>	5 CB 5-8 <i>Gladstone</i>	6 D-A 12:30-4:30 <i>The Dalles</i>	7 ELC 9:30-1:30 <i>Tigard</i> G-L 3-6:30 <i>Tigard</i>	8 D-A 12:30-4:30 <i>Albany</i> MW 9-12 <i>St. Helens</i> B&G 1:30-5 <i>St. Helens</i>	9 HH 3-6 <i>Portland</i>	10 BLV 9-12 <i>Eugene</i> SMART 1:30-4:30 <i>Eugene</i> LGBT 10-1 <i>Portland</i> KIP 2:30-6 <i>Portland</i>
11 DBN 1-4:30 <i>McMinnville</i>	12 DBN 9-12:30 <i>Albany</i>	13 DME 9-12 <i>Oregon City</i> MW 1:30-4:30 <i>Oregon City</i> CB-Russian 5-8 <i>Portland</i>	14 F-A 9-12:30 <i>Salem</i> CB-Russian 2-5 <i>Salem</i> BLV 9-12 <i>Tigard</i> B&G 1:30-5 <i>Tigard</i>	15 RSW 9-1 <i>Eugene</i> MW 2:30-5:30 <i>Eugene</i> DME 8:30-11:30 <i>Redmond</i> RSW 1-5 <i>Redmond</i>	16 ELC 9:30-1:30 <i>Astoria</i> G-L 3-6:30 <i>Astoria</i> RSW 10-2 <i>Hillsboro</i> WT 3:30-6:30 <i>Hillsboro</i> RSW 12-4 <i>Lebanon</i> LGBT 5:30-8:30 <i>Lebanon</i> PASS 10-1:30 <i>Newport</i>	17 TRIPS 9-12 <i>Corvallis</i> SMART 1:30-4:30 <i>Corvallis</i> SMART 10-1 <i>Newport</i>
18	19 PDT 4:30-6:30 <i>Grants Pass</i> MedS-Russian 9:30-12:30 <i>Portland</i> CB-Russian 2-5 <i>Portland</i>	20 LGBT 10-1 <i>Grants Pass</i> D-A 12-4 <i>Gresham</i> SMART 5:30-8:30 <i>Roseburg</i>	21 RC 10:30-2 <i>Eugene</i> NB 12-4 <i>Corvallis</i> KIP 1-4:30 <i>Roseburg</i> ELC 9:30-1:30 <i>Salem</i> G-L 3-6:30 <i>Salem</i>	22 PASS 8:30-12 <i>Oregon City</i> RC 2-5:30 <i>Oregon City</i> HH 2-5 <i>Bend</i> CB-Russian 5-8 <i>Portland</i>	23	24 TRIPS 9-12 <i>Clackamas</i> SMART 1:30-4:30 <i>Clackamas</i> DBN 9-12:30 <i>Coos Bay</i> MedS 2-5 <i>Coos Bay</i>
25	26 WT 10-1 <i>Pendleton</i> CB 2:30-5:30 <i>Pendleton</i> HH 11-2 <i>Salem</i> MedS 5-8 <i>Beaverton</i>	27 KIP 12:30-4 <i>The Dalles</i> WT 5:30-8:30 <i>The Dalles</i> MedS 2:30-5:30 <i>Oakridge</i>	28 SMART 10-1 <i>Ontario</i> RSW 2:30-6:30 <i>Ontario</i>	29 B&G 9-12:30 <i>Medford</i> SMART 2-5 <i>Medford</i>	30 PASS 9-12:30 <i>Bend</i> RC 2:30-6 <i>Bend</i>	31 PASS 9-12:30 <i>Coos Bay</i> WT 2-5 <i>Coos Bay</i>

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

TRAININGS AT-A-GLANCE

FEBRUARY 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
1 RC 1-4:30 <i>Grants</i> <i>Pass</i>	2	3 PASS 9-12:30 <i>Eug/Spngfield</i> RC 2-5:30 <i>Eug/Spngfield</i> LGBT 10-1 <i>La Grande</i> PDT 2:30-4:30 <i>La Grande</i> MedS 1-4 <i>Portland</i> D-A 1-5 <i>Salem</i> PDT-Russian 5-7 <i>Portland</i>	4 CB 10-1 <i>Bend</i> KIP 2:30-6 <i>Bend</i> RSW 12-4 <i>Joseph</i> KIP 5:30-9 <i>Joseph</i>	5	6 D-A 9-1 <i>Portland</i> ELC 10-2 <i>Albany</i> G-L 3:30-7 <i>Albany</i> PASS-Spanish 9-12:30 <i>Hillsboro</i> PDT-Spanish 1:30-3:30 <i>Hillsboro</i>	7 MW 9-12 <i>Beaverton</i> SMART 1:30-4:30 <i>Beaverton</i> TRIPS 9-12 <i>Salem</i> LGBT 1-4 <i>Salem</i>
8 CB 1-4 <i>Eugene</i> PDT 5:30-7:30 <i>Eugene</i>	9 NB 9-1 <i>Grants</i> <i>Pass</i> HH 12:30-3:30 <i>Tigard</i> LGBT 5-8 <i>Tigard</i>	10 TRIPS-Russian 5-8 <i>Portland</i>	11 B&G 9-12:30 <i>Ptd</i> CB 2-5 <i>Ptd</i> KIP 12-3:30 <i>Medford</i> PDT 4:30-6:30 <i>Medford</i> TRIPS-Russian 2-5 <i>Salem</i>	12 DME 1-4 & 5:30 – 8:30 <i>Portland</i> LGBT 2-5 <i>Florence</i> HH-Russian 11-2 <i>Salem</i> MedS-Russian 3-6 <i>Salem</i>	13 B&G 8:30-12 <i>Florence</i> MedS 12-3 <i>K Falls</i> HH 4:30-7:30 <i>K Falls</i>	14 TRIPS 9-12 <i>Portland</i>
15 DBN 11-2:30 <i>Roseburg</i>	16 DBN 9-12:30 <i>Eug/Spfld</i> MedS 2-5 <i>Newport</i> MedS 5:30-8:30 <i>Salem</i>	17 MedS 12-3 <i>Lebanon</i> HH 4:30-7:30 <i>Lebanon</i>	18 PASS 9-12:30 <i>John Day</i> TRIPS 2-5 <i>John Day</i> F-A 2-5:30 <i>Oregon City</i> TRIPS-Russian 2-5 <i>Portland</i>	19 DME 9-12 <i>Corvallis</i> MW 1:30-4:30 <i>Corvallis</i> MW 10-1 <i>Lincoln City</i> TRIPS 2:30-5:30 <i>Lincoln City</i> PDT 11-1 <i>Prine</i> SMART 2:30-5:30 <i>Prineville</i> PDT 10-12 <i>Salem</i> RC 1:30-5 <i>Salem</i> ELC 3:30-7:30 <i>Portland</i> TRIPS-Russian 5-8 <i>Portland</i>	20 KIP 9-12:30 <i>Clackamas</i> PDT 2-4 <i>Clackamas</i> TRIPS 1-4 <i>Coos Bay</i> MW 5:30-8:30 <i>Coos Bay</i> RC 1:30-5 <i>Newport</i>	21 PDT 9-11 <i>Newport</i> PASS 9-12:30 <i>Roseburg</i> B&G 1:30-5 <i>Roseburg</i> B&G-Spanish 9-12:30 <i>Salem</i> TRIPS-Spnsh 1:30-4:30 <i>Salem</i> DBN 10-1:30 <i>Medford</i>
22	23 HH 12-3 <i>Tillamook</i>	24 ELC 10-2 <i>St. Helens</i> G-L 3:30-7 <i>St. Helens</i> HH 12-3 <i>Astoria</i> TRIPS 2-5 <i>Eugene</i>	25 WT 10-1 <i>Eugene</i>	26 DME 9-12 <i>Grants Pass</i> CB 1:30-4:30 <i>Grants Pass</i> TRIPS 10-1 <i>Klamath Falls</i> PASS 2:30-6 <i>Klamath Falls</i> HH 11-2 <i>Portland</i> G-L 3:30-7 <i>Ptd</i>	27 B&G 10-1:30 <i>Coos Bay</i>	28 DME 10-1 <i>Coos Bay</i> RSW 9-1 <i>Gladstone</i> WT 2-5 <i>Gladstone</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 Worker Training News!!