



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

MARCH 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**

OR: send your registration request to:
Training.OHCC@state.or.us.

Pre-registration is required and assures your spot at the class. **Register 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.

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

SELF-REGISTRATION IS HERE

Workers are now able to register online for trainings! Log in to your Registry profile and follow these steps:

1. Select the Training Tab. On this page you have two options.
2. "My Classes & Certifications" shows you all the classes you have completed as well as upcoming classes for which you are registered or wait listed.
3. The "Upcoming Training Classes" button shows you all of the upcoming classes around the state. You can scroll the list – or choose a specific course, or city.
4. Click on the "Details" button for the class you wish, and then select "Register" or "Join Wait List".
5. To cancel a registration, click on the "Details" button of the class you wish to cancel and select "Cancel Registration"

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

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

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.
- Have not been paid for that class in the previous 12 months.
- Class is approved for the specific work group by the Home Care Commission.
 - Homecare Workers may be paid for any classes with "**H**" at the end of the description,
 - Personal Support Workers may be paid for any classes with "**P**" at the end of the description.
 - Workers in 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.

TRAINING REQUIREMENTS

Homecare Workers and Personal Support Workers wishing to be referred on the Registry are required to have annual continuing education.

- 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 on 10/4/2013 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, TRIPS, or COMPASS. The other 7 classes in those two years can be any class approved for your group, except for MoneyWise. (COMPASS counts as two classes).

If you do NOT wish to be referred through the RRS, there is NO training requirement.

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
Albany	Wednesday, April 15 10:00 – 1:30	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Bend	Tuesday, April 28 9:00 – 12:30	Doubletree 300 NW Franklin
Clackamas	Saturday, March 21 9:00 – 12:30	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Eugene	Thursday, March 26 8:00 – 11:30	Phoenix Inn Suites 850 Franklin Boulevard
Gresham Class in Spanish	Wednesday, April 8 9:00 – 12:30 Esta clase en Español	Multnomah County East – Blue Lake Room 600 NE 8th
Hermiston	Wednesday, March 4 3:00 – 6:30	Hermiston Conference Center 415 S Highway 395
Klamath Falls	Saturday, April 11 9:00 – 12:30	Best Western Olympic Inn 2627 S Sixth Street
Portland Class in Russian	Tuesday, March 17 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Wednesday, March 25 2:00 – 5:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Thursday, March 26 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland	Tuesday, April 14 1:30 – 5:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Salem	Tuesday, March 10 1:30 – 5:00	Doubletree 1590 Weston Ct NE <i>(at I-5 and Market St)</i>
Salem Class in Russian	Wednesday, March 18 2:00 – 5:30 Класс на русском языке	Day's Inn Black Bear 1600 Motor Ct NE <i>(off Market St, behind Denny's)</i>

Share this newsletter with your employers. They are always welcome to attend classes, but must register in advance.

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
Coos Bay	Thursday, March 12 9:00 – 12:00	Red Lion 1313 N Bayshore
Portland	Wednesday, March 4 2:00 – 5:00	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Salem	Thursday, March 26 9:00 – 12:00	Doubletree 1590 Weston Ct NE <i>(at I-5 and Market St)</i>

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
Beaverton	Sunday, March 22 2:00 – 5:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Burns / Hines	Thursday, April 23 2:30 – 5:30	Best Western Rory & Ryan Inn 534 Highway 24
Clackamas	Thursday, April 2 9:00 – 12:00	New Hope Church - Fireside Room 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Coos Bay	Thursday, April 16 8:00 – 11:00	Red Lion 1313 N Bayshore
Eugene	Friday, April 17 3:00 – 6:00	Phoenix Inn Suites 850 Franklin Boulevard
Hermiston	Thursday, April 16 1:30 – 4:30	Hermiston Conference Center 415 S Highway 395
Klamath Falls	Saturday, April 11 2:00 – 5:00	Best Western Olympic Inn 2627 S Sixth Street
Lebanon	Thursday, April 23 9:00 – 12:00	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Ontario	Wednesday, April 22 10:00 – 1:00	Four Rivers Cultural Center 676 SW 5th Avenue
Roseburg	Friday, March 13 2:30 – 5:30	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>

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 are starting in **Albany**; one in the afternoons and one in the evening, both beginning Wednesday, March 18. One group will be starting in **Corvallis** on Friday afternoons beginning April 10. Teams will meet every other week.

For your participation you will be paid your hourly training rate for in-class time and receive study-related gifts. And if you attend a majority of sessions, COMPASS will count as two courses (one skills and one safety) that can be applied to your Registry, CPR or Professional Development Recognition requirements. There will also be an opportunity to participate in a research survey about the course.

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.

Join A COMPASS OHCC Team!

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.

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
Coos Bay	Wednesday, April 15 1:30 – 5:30	Red Lion 1313 N Bayshore
Eugene / Springfield	Tuesday, April 14 12:30 – 4:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 Exit 195A, behind Comfort Inn)</i>
Medford	Thursday, March 12 9:00 – 1:00	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Newport	Tuesday, March 31 9:00 – 1:00	Embarcadero Hotel 1000 SE Bay Road
Redmond	Tuesday, April 21 1:30 – 5:30	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Friday, March 13 9:00 – 1:00	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>

DIABETES BY THE NUMBERS – 3 ½ hours

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. **H/ICP, P, F**

City	Date/Time	Location
Bend	Monday, April 6 9:00 – 12:30	Doubletree 300 NW Franklin
Corvallis	Monday, April 13 9:00 – 12:30	Holiday Inn Express on the River 781 NE 2nd
Klamath Falls	Saturday, April 18 12:00 – 3:30	Best Western Olympic Inn 2627 S Sixth Street
Newport	Sunday, April 12 10:00 – 1:30	Comfort Inn 531 SW Fall Street
Portland	Sunday, March 29 8:30 – 12:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland	Sunday, March 29 1:30 – 5:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Salem	Monday, March 30 10:00 – 1:30	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</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
Albany	Wednesday, April 15 3:00 – 6:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Oakridge	Saturday, March 14 10:30 – 1:30	St. Vincent de Paul Center 47663 Highway 58
Oregon City	Monday, April 20 10:00 – 1:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Wednesday, March 4 9:30 – 12:30	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</i>
Redmond	Saturday, March 14 1:30 – 4:30	Comfort Suites Airport 2243 SW Yew Avenue

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
Clackamas	Thursday, April 2 1:30 – 4:30	New Hope Church - Fireside Room 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Eugene	Thursday, March 26 1:00 – 4:00	Phoenix Inn Suites 850 Franklin Boulevard
Lincoln City	Tuesday, March 24 2:00 – 5:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Medford	Friday, April 10 10:00 – 1:00	Inn at the Commons 200 N Riverside Avenue
Roseburg	Thursday, April 9 9:00 – 12:00	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>
Salem	Tuesday, March 10 9:00 – 12:00	Doubletree 1590 Weston Ct NE <i>(at I-5 and Market St)</i>
Tigard	Wednesday, March 18 1:00 – 4:00	Doubletree 9575 SW Locust Street <i>(at Greenburg)</i>

END OF LIFE CARE – 4 hours

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

City	Date/Time	Location
Bend	Tuesday, March 24 9:30 – 1:30	Doubletree 300 NW Franklin
Brookings	Tuesday, April 28 2:00 – 6:00	Best Western Beachfront Inn 16008 Boat Basin Road
Coos Bay	Tuesday, March 10 9:30 – 1:30	Red Lion 1313 N Bayshore
Eugene	Wednesday, March 11 9:30 – 1:30	Phoenix Inn Suites 850 Franklin Boulevard
Gladstone	Tuesday, March 17 9:30 – 1:30	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Medford	Monday, April 27 9:00 – 1:00	Rogue Regency Inn 2300 Biddle Rd <i>(I-5, at Exit 30)</i>
Portland	Thursday, April 23 2:00 – 6:00	Holiday Inn Airport 8439 NE Columbia Boulevard
Salem	Thursday, April 2 3:00 – 7:00	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market St, behind Denny's)</i>

EVERYONE COMMUNICATES! – 4 hours

Learn effective communication partner strategies that make a positive impact on the people you support with Intellectual and Developmental Disabilities who experience communication challenges. Also includes an introduction to communicating with individuals who use augmentative or alternative communication systems or devices. **P**
*This class is **only** for Personal Support Workers.*

City	Date/Time	Location
Portland	Monday, April 27 9:00 – 1:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</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
Bend	Tuesday, March 24 3:00 – 6:30	Doubletree 300 NW Franklin
Brookings	Wednesday, April 29 9:30 – 1:30	Best Western Beachfront Inn 16008 Boat Basin Road
Coos Bay	Monday, March 9 4:00 – 7:30	Red Lion 1313 N Bayshore
Eugene	Wednesday, March 11 3:00 – 6:30	Phoenix Inn Suites 850 Franklin Boulevard
<i>More Grief and Loss classes on next page</i>		

<i>Additional Grief and Loss classes</i>		
Gladstone	Tuesday, March 17 3:00 – 6:30	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Medford	Monday, April 27 2:30 – 6:00	Rogue Regency Inn 2300 Biddle Rd <i>(I-5, at Exit 30)</i>
Portland	Thursday, April 30 1:00 – 4:30	Holiday Inn Express - 2333 NW Vaughn St <i>(at West end of Fremont Bridge)</i>
Salem	Thursday, April 16 3:00 – 6:30	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</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
Baker City	Friday, March 27 2:00 – 5:00	Best Western 1 Sunridge Lane
Eugene / Springfield	Tuesday, March 31 4:30 – 7:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 Exit 195A, behind Comfort Inn)</i>
Grants Pass	Friday, March 20 4:30 – 7:30	The Lodge Meeting Space 900 SE 8th Street
Ontario	Saturday, March 28 12:00 – 3:00	Four Rivers Cultural Center 676 SW 5th Avenue
Oregon City	Monday, March 9 3:00 – 6:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland Class in Russian	Thursday, March 12 2:00 - 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
The Dalles	Thursday, March 26 12:00 – 3:00	Comfort Inn Columbia Gorge 351 Lone Pine Drive <i>(at exit 87)</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
Astoria	Friday, March 13 2:00 – 5:30	Holiday Inn Express 204 W Marine Drive
Grants Pass	Wednesday, April 29 2:00 – 5:30	Club Northwest 2160 NW Vine
Roseburg	Tuesday, April 28 2:00 – 5:30	Event Center on Edenbower 3510 NE Edenbower <i>(at RMLS)</i>

KEEPING IT PROFESSIONAL – 3 ½ hours

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

City	Date/Time	Location
Beaverton	Friday, March 13 9:00 – 12:30	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Burns	Friday, April 24 9:30 – 1:00	Burns City Hall 242 S Broadway
Coos Bay	Thursday, March 12 1:30 – 5:00	Red Lion 1313 N Bayshore
Corvallis	Thursday, March 26 9:00 – 12:30	Comfort Suites 1730 NW 9th Street
Eugene	Saturday, April 18 1:00 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard
Florence	Friday, April 17 8:30 – 12:00	Driftwood Shores 88416 1st Avenue
Grants Pass	Thursday, April 16 12:00 – 3:30	Club Northwest 2160 NW Vine
Portland	Friday, April 10 1:30 – 5:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>

MONEYWISE – 3 hours

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

City	Date/Time	Location
Grants Pass	Tuesday, March 10 5:00 – 8:00	Club Northwest 2160 NW Vine
Hermiston	Thursday, April 16 9:00 – 12:00	Hermiston Conference Center 415 S Highway 395
Portland	Friday, April 10 9:00 – 12:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Redmond	Friday, April 17 12:30 – 3:30	Comfort Suites Airport 2243 SW Yew Avenue
Salem	Wednesday, April 22 12:30 – 3:30	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.

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
Bend	Friday, March 20 5:00 – 8:00	Doubletree 300 NW Franklin
Eugene / Springfield	Tuesday, March 31 12:00 – 3:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 Exit 195A, behind Comfort Inn)</i>
Gladstone	Wednesday, March 11 2:00 – 5:00	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Grants Pass	Friday, March 20 12:00 – 3:00	The Lodge Meeting Space 900 SE 8th Street
Hillsboro	Tuesday, April 28 1:00 – 4:00	Tuality Community Hospital Classroom 1 335 SE 8th Avenue
La Grande / Island City	Wednesday, April 22 2:00 – 5:00	AG Service Center 10507 N McAlister Road, Island City
Pendleton	Thursday, April 23 2:00 – 5:00	Red Lion 304 SE Nye Avenue
Portland	Thursday, April 9 10:00 – 1:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Thursday, April 9 2:00 – 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
St. Helens	Tuesday, March 24 2:00 – 5:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
The Dalles	Tuesday, April 21 2:00 – 5:00	Cousins Country Inn 2114 W 6th Street

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
Clackamas NOTE: NEW DATE AND LOCATION (Moved from Oregon City)	Saturday, March 14 9:00 – 1:00 NOTE: NEW DATE AND LOCATION (Moved from Oregon City, 03/09)	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Portland	Saturday, March 7 10:00 – 2:00	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking lot at NE 3rd and Clackamas)</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:

Leanne Bates, Clatskanie	Kathryn Cooper, Beaverton
Deanna Cox, Aumsvilles	Ida JoAnn Crook, Coquille
Ylonda Denise Harris, Portland	Teresa Karner, Salem
Janice Lawson, Cottage Grove	Sharon McNally, Florence
Margarita Zamarripa, Ontario	

PREVENTING DISEASE TRANSMISSION – 2 hours

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

City	Date/Time	Location
Albany	Friday, March 6 8:00 – 10:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Coos Bay	Saturday, April 25 10:00 – 12:00	Red Lion 1313 N Bayshore
Eugene	Thursday, April 30 1:30 – 3:30	Holiday Inn Express 2117 Franklin Boulevard (Near U of O)
Hermiston	Thursday, March 5 10:00 – 12:00	Hermiston Conference Center 415 S Highway 395
Klamath Falls	Saturday, March 14 8:00 – 10:00	Best Western Olympic Inn 2627 S Sixth Street
Portland	Tuesday, March 3 8:00 – 10:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
St. Helens	Monday, April 27 5:30 – 8:30	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Saturday, April 25 2:00 – 4:00	Doubletree 9575 SW Locust Street <i>(at Greenburg)</i>

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
Corvallis	Thursday, March 26 2:00 – 5:30	Comfort Suites 1730 NW 9th Street
Cottage Grove	Saturday, April 4 9:00 – 12:30	Village Green Resort 725 Row River Road <i>(at Exit 174)</i>
McMinnville	Saturday, April 18 10:00 – 1:30	Red Lion 2535 NE Cumulus <i>(across from hospital)</i>
Medford	Thursday, March 26 12:30 – 4:00	Rogue Regency Inn 2300 Biddle Road <i>(at Exit 30)</i>
Portland	Friday, March 20 9:00 – 12:30	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Portland Class in Russian	Tuesday, April 7 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Wednesday, April 15 2:00 – 5:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Thursday, April 16 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Salem Class in Russian	Wednesday, April 8 2:00 – 5:30 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Tigard	Saturday, April 25 9:00 – 12:30	Doubletree 9575 SW Locust Street <i>(at Greenburg)</i>

REGISTRY

Are you looking for work? Be sure to update your profile at least every **30** days. On your Personal Info page, add a Personal Statement to include special training, certifications, interests and skills. You can also check the Help Wanted section for consumers looking for a worker. Select the county or counties where you want to work in to find listings. Be sure to click on the "Expand" button to make sure you meet the person's needs before calling.

The Registry web address is: <https://www.or-hcc.org>. For help with the Registry, send an email to Registry.OHCC@state.or.us or call 877-867-0077, Extension 1.

OIS-G TRAINING

The Home Care Commission offers a 2-day *Oregon Intevention 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.

ENHANCED/EXCEPTIONAL WORKER PROGRAM

Enhanced and Exceptional workers provide services to consumers with certain medical and/or behavioral needs, AND have successfully completed a separate Enhanced Worker or Enhanced/Exceptional Worker training. Exceptional Workers (only for PSWs working in the IDD program) also must have a current OIS-G certification. (see page 14 if you would like the Home Care Commission to pay for OIS-G training).

The Home Care Commission is currently refining the curriculum and developing a plan for offering this throughout the state. No dates have been set at this time.

A Readiness Assessment is required as part of the application and is the first step of the process. Workers who successfully completed the assessment last fall do not need to do it again. Attending the current HCC classes is a great way to learn the information covered in this assessment.

Watch future newsletters and the Home Care Commission website for information as it becomes available. Workers receiving their newsletter via email will also get a separate email about the Enhanced program when the next Assessment is available and applications are being accepted.

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
Corvallis	Saturday, April 25 9:00 – 1:00	Holiday Inn Express on the River 781 NE 2nd
Eugene	Thursday, April 30 8:00 – 12:00	Holiday Inn Express 2117 Franklin Boulevard (Near U of O)
Grants Pass	Wednesday, March 11 10:00 – 2:00	Club Northwest 2160 NW Vine
Klamath Falls	Wednesday, March 25 11:30 – 3:30	Community College – Building 2 Rm 201 7390 S 6th Street
Lincoln City	Tuesday, March 24 8:30 – 12:30	Surftides 2945 NW Jetty (<i>turn down NW 30th</i>)
Portland	Tuesday, March 31 12:00 – 4:00	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (<i>at Tenino</i>)
Salem	Thursday, March 26 1:30 – 5:30	Doubletree 1590 Weston Ct NE (<i>at I-5 and Market St</i>)
The Dalles	Friday, March 6 12:00 – 4:00	Comfort Inn Columbia Gorge 351 Lone Pine Drive (<i>at exit 87</i>)

RESPIRATORY CARE: OXYGEN TO VENTILATORS – 3 ½ hours

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

H/ICP, P, F

City	Date/Time	Location
Albany	Friday, March 6 11:30 – 3:00	Comfort Suites 100 Opal Court NE (<i>off Knox Butte Road</i>)
Coos Bay	Saturday, April 25 1:30 – 5:00	Red Lion 1313 N Bayshore
Cottage Grove	Saturday, April 4 2:00 – 5:30	Village Green Resort 725 Row River Road (<i>at Exit 174</i>)
Klamath Falls	Saturday, March 14 11:30 – 3:00	Best Western Olympic Inn 2627 S Sixth Street
Medford	Monday, April 13 9:00 – 12:30	Inn at the Commons 200 N Riverside Avenue
Portland	Tuesday, March 3 11:30 – 3:00	Holiday Inn Express 2333 NW Vaughn Street (<i>at West end of Fremont Bridge</i>)
Roseburg	Friday, April 3 5:00 – 8:30	Holiday Inn 375 Harvard Boulevard (<i>at Exit 124</i>)
St. Helens	Monday, March 2 10:00 – 1:30	Best Western Oak Meadows Inn 585 S Columbia River Highway

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
Bend	Tuesday, April 28 2:00 – 5:00	Doubletree 300 NW Franklin
Lebanon	Thursday, April 23 1:30 – 4:30	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Oakridge	Saturday, March 14 2:30 – 5:30	St. Vincent de Paul Center 47663 Highway 58
Oregon City	Monday, April 20 2:30 – 5:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Pendleton	Saturday, March 28 1:30 – 4:30	Red Lion 304 SE Nye Avenue
Portland	Friday, March 20 2:00 – 5:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>

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
Medford	Thursday, March 26 5:30 – 8:30	Rogue Regency Inn 2300 Biddle Road <i>(at Exit 30)</i>
Pendleton	Saturday, March 28 9:00 – 12:00	Red Lion 304 SE Nye Avenue
Portland	Tuesday, April 14 9:00 – 12:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Redmond	Saturday, March 14 9:00 – 12:00	Comfort Suites Airport 2243 SW Yew Avenue
The Dalles	Thursday, March 5 5:00 – 8:00	Comfort Inn Columbia Gorge 351 Lone Pine Drive <i>(at exit 87)</i>
Tigard	Wednesday, March 18 5:30 – 8:30	Doubletree 9575 SW Locust Street <i>(at Greenburg)</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
Corvallis	Saturday, April 25 2:30 – 5:30	Holiday Inn Express on the River 781 NE 2 nd
Florence	Friday, April 17 1:30 – 4:30	Driftwood Shores 88416 1st Avenue
Grants Pass	Thursday, April 16 5:00 – 8:00	Club Northwest 2160 NW Vine
Gresham Class in Spanish	Wednesday, April 8 1:30 – 4:30 Esta clase en Español	Multnomah County East – Blue Lake Room 600 NE 8th
Hillsboro	Tuesday, April 28 5:30 – 8:30	Tuality Community Hospital Classroom 1 335 SE 8th Avenue
Klamath Falls	Wednesday, March 25 5:00 – 8:00	Community College – Building 2 Rm 201 7390 S 6th Street
Ontario	Wednesday, April 22 2:30 – 5:30	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Tuesday, March 31 5:30 -8:30	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave <i>(at Tenino)</i>
Redmond	Friday, April 17 5:00 – 8:00	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Thursday, April 9 1:30 – 4:30	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>
Salem	Wednesday, April 22 5:00 – 8:00	Red Lion Hotel 3301 Market Street NE
St. Helens	Monday, April 27 1:00 – 4:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

FALL SAFETY

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

- Remove or avoid safety hazards
- Wear sturdy non-skid shoes
- Improve lighting
- Install handrails and grab bars
- Move items to make them easier to reach
- Use a study step stool when reaching something high

TRAININGS AT-A-GLANCE MARCH, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 RC 10-1:30 <i>St. Helens</i>	3 PDT 8-10 <i>Portland</i> RC 11:30-3 <i>Portland</i>	4 LGBT 9:30-12:30 <i>Portland</i> BLV 2-5 <i>Portland</i> B&G 3-6:30 <i>Hermiston</i>	5 PDT 10-12 <i>Hermiston</i> TRIPS 5-8 <i>The Dalles</i>	6 PDT 8-10 <i>Albany</i> RC 11:30-3 <i>Albany</i> RSW 12-4 <i>The Dalles</i>	7 NB 10-2 <i>Portland</i>
8	9 HH 3-6 <i>Oregon City</i> G-L 4-7:30 <i>Coos Bay</i>	10 ELC 9:30-1:30 <i>Coos Bay</i> DME 9-12 <i>Salem</i> B&G 1:30-5 <i>Salem</i> MW 5-8 <i>Grants Pass</i>	11 ELC 9:30-1:30 <i>Eugene</i> G-L 3-6:30 <i>Eugene</i> RSW 10-2 <i>Grants Pass</i> MedS 2-5 <i>Gladstone</i>	12 BLV 9-12 <i>Coos Bay</i> KIP 1:30-5 <i>Coos Bay</i> D-A 9-1 <i>Medford</i> HH-Russian 2-5 <i>Portland</i>	13 KIP 9-12:30 <i>Beaverton</i> D-A 9-1 <i>Roseburg</i> CB 2:30-5:30 <i>Roseburg</i> F-A 2-5:30 <i>Astoria</i>	14 PDT 8-10 <i>K Falls</i> RC 11:30-3 <i>Klamath Falls</i> NB 9-1 <i>Clackamas</i> TRIPS 9-12 <i>Redmond</i> LGBT 1:30-4:30 <i>Redmond</i> LGBT 10:30-1:30 <i>Oakridge</i> SMART 2:30-5:30 <i>Oakridge</i>
15	16	17 ELC 9:30-1:30 <i>Gladstone</i> G-L 3-6:30 <i>Gladstone</i> B&G-Russian 5-8:30 <i>Portland</i>	18 DME 1-4 <i>Tigard</i> TRIPS 5:30-8:30 <i>Tigard</i> B&G-Russian 2-5:30 <i>Salem</i>	19	20 PASS 9-12:30 <i>Portland</i> SMART 2-5 <i>Portland</i> MedS 12-3 <i>Grants Pass</i> HH 4:30-7:30 <i>Grants Pass</i> MedS 5-8 <i>Bend</i>	21 B&G 9-12:30 <i>Clackamas</i>
22 CB 2-5 <i>Beaverton</i>	23	24 ELC 9:30-1:30 <i>Bend</i> G-L 3-6:30 <i>Bend</i> RSW 8:30-12:30 <i>Lincoln City</i> DME 2-5 <i>Lincoln City</i> MedS 2-5 <i>St. Helens</i>	25 RSW 11:30-3:30 <i>Klamath Falls</i> WT 5-8 <i>Klamath Falls</i> B&G-Russian 2-5:30 <i>Portland</i>	26 B&G 8-11:30 <i>Eugene</i> DME 1-4 <i>Eugene</i> KIP 9-12:30 <i>Corv</i> PASS 2-5:30 <i>Corvallis</i> BLV 9-12 <i>Salem</i> RSW 1:30-5:30 <i>Salem</i> PASS 12:30-4 <i>Med</i> TRIPS 5:30-8:30 <i>Medford</i> HH 12-3 <i>The Dalles</i> B&G-Russian 5-8:30 <i>Portland</i>	27 HH 2-5 <i>Baker City</i>	28 TRIPS 9-12 <i>Pendleton</i> SMART 1:30-4:30 <i>Pendleton</i> HH 12-3 <i>Ontario</i>
29 DBN 8:30-12 & 1:30-5 <i>Portland</i>	30 DBN 10-1:30 <i>Salem</i>	31 D-A 9-1 <i>Newport</i> MedS 12-3 <i>Eugene/Springfield</i> HH 4:30-7:30 <i>Eugene/Springfld</i> RSW 12-4 <i>Portland</i> WT 5:30-8:30 <i>Portland</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 APRIL, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2 CB 9-12 <i>Clackamas</i> DME 1:30-4:30 <i>Clackamas</i> ELC 3-7 <i>Salem</i>	3 RC 5-8:30 <i>Roseburg</i>	4 PASS 9-12:30 <i>Cottage Grove</i> RC 2-5:30 <i>Cottage Grove</i>
5	6 DBN 9-12:30 <i>Bend</i>	7 PASS-Russian 5-8:30 <i>Portland</i>	8 B&G-Spanish 9-12:30 <i>Gresham</i> WT-Spanish 1:30-4:30 <i>Gresham</i> PASS-Russian 2-5:30 <i>Salem</i>	9 DME 9-12 <i>Roseburg</i> WT 1:30-4:30 <i>Roseburg</i> MedS 10-1 <i>Portland</i> MedS-Russian 2-5 <i>Portland</i>	10 MW 9-12 <i>Portland</i> KIP 1:30-5 <i>Portland</i> DME 10-1 <i>Medford</i>	11 B&G 9-12:30 <i>Klamath Falls</i> CB 2-5 <i>Klamath Falls</i>
12 DBN 10-1:30 <i>Newport</i>	13 DBN 9-12:30 <i>Corvallis</i> RC 9-12:30 <i>Medford</i>	14 TRIPS 9-12 <i>Portland</i> B&G 1:30-5 <i>Portland</i> D-A 12:30-4:30 <i>Eugene/ Springfield</i>	15 B&G 10-1:30 <i>Albany</i> LGBT 3-6 <i>Albany</i> D-A 1:30-5:30 <i>Coos Bay</i> PASS-Russian 2-5:30 <i>Portland</i>	16 CB 8-11 <i>Coos Bay</i> MW 9-12 <i>Hermiston</i> CB 1:30-4:30 <i>Hermiston</i> KIP 12-3:30 <i>Grants Pass</i> WT 5-8 <i>G Pass</i> G-L 3-6:30 <i>Salem</i> PASS-Russian 5-8:30 <i>Portland</i>	17 KIP 8:30-12 <i>Florence</i> WT 1:30-4:30 <i>Florence</i> MW 12:30-3:30 <i>Redmond</i> WT 5-8 <i>Redmond</i> CB 3-6 <i>Eugene</i>	18 PASS 10-1:30 <i>McMinnville</i> DBN 12-3:30 <i>Klamath Falls</i> KIP 1:30-5 <i>Eugene</i>
19	20 LGBT 10-1 <i>Oregon City</i> SMART 2:30-5:30 <i>Oregon City</i>	21 D-A 1:30-5:30 <i>Redmond</i> MedS 2-5 <i>The Dalles</i>	22 CB 10-1 <i>Ontario</i> WT 2:30-5:30 <i>Ontario</i> MW 12:30- 3:30 <i>Salem</i> WT 5-8 <i>Salem</i> MedS 2-5 <i>La Grande</i>	23 CB 9-12 <i>Lebanon</i> SMART 1:30- 4:30 <i>Lebanon</i> MedS 2-5 <i>Pendleton</i> ELC 2-6 <i>Portland</i> CB 2:30-5:30 <i>Burns/Hines</i>	24 KIP 9:30-1 <i>Burns</i>	25 RSW 9-1 <i>Corvallis</i> WT 2:30-5:30 <i>Corvallis</i> PASS 9-12:30 <i>Tigd</i> PDT 2-4 <i>Tigard</i> PDT 10-12 <i>Coos Bay</i> RC 1:30-5 <i>Coos Bay</i>
26	27 ELC 9-1 <i>Medford</i> G-L 2:30-6 <i>Medford</i> EC 9-1 <i>Portland</i> WT 1-4 <i>St. Helens</i> PDT 5:30-7:30 <i>St. Helens</i>	28 B&G 9-12:30 <i>Bend</i> SMART 2-5 <i>Bend</i> MedS 1-4 <i>Beaverton</i> WT 5:30-8:30 <i>Beaverton</i> ELC 2-6 <i>Brookings</i> F-A 2-5:30 <i>Roseburg</i>	29 G-L 9:30-1 <i>Brookings</i> F-A 2-5:30 <i>Grants Pass</i>	30 RSW 8-12 <i>Eugene</i> PDT 1:30-3:30 <i>Eugene</i> G-L 1-4:30 <i>Portland</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!!

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.