



676 Church Street NE  
Salem OR 97301

# OHCC Training News

## March 2016

**Get the classes you want by self-registering early. Start looking online around the 20th of each month!**

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Trainings in this newsletter are provided for Homecare Workers (HCWs), Personal Support Workers (PSWs) and the consumer/employers they work for. Pre-registration is required and assures your spot at the class. Many classes fill to capacity and will not be able to accommodate walk-ins.

### Registering for Trainings: Homecare and Personal Support Workers

**1.** Self-Register Online: Go to [www.or-hcc.org](http://www.or-hcc.org) and follow these steps:

- ✓ Select a program area, and then login.
- ✓ Navigate to the "Training" tab and select "Upcoming Training Classes"
- ✓ Review upcoming classes
- ✓ You can sign-up for and cancel upcoming classes

**2.** Send email request to: [Training.OHCC@state.or.us](mailto:Training.OHCC@state.or.us) Please tell us your name, provider number and the dates, class names and cities of the trainings you wish to attend, or

**3.** Call 1.877.867.0077 Option #2

NOTE: For technical assistance with the Registry, call toll-free 1.877.867.0077, Option #1

*\* Refer to page 4 for Adult Foster Care/Guest Registration*

## Upcoming Personal Support Worker (PSW) New Member Orientations

Personal Support Workers, Employers, and Others can register by clicking on the following link to the PSW New Member Orientation webpage: <http://go.usa.gov/cmTRz>

### Sample webpage

- PSW AND HCW RESOURCES
- HOME CARE WORKERS (HCW)
- PERSONAL SUPPORT WORKERS (PSW) RESOURCES
- HOW TO BECOME A HOME CARE OR PERSONAL SUPPORT WORKER
- CAREER DEVELOPMENT
- TRAINING
  - COURSE DESCRIPTIONS
  - WORKER TRAINING NEWS

Personal Support Workers, Employers, and Others must register due to limited room space. Each room can accommodate a maximum capacity of 20 people.

**To register:** contact the presenter for the session you want to attend.

- **Mid-Valley Region covers:** Benton, Lincoln, Linn, Marion, Polk, Tillamook, and Yamhill counties.
- **Southern Region V covers:** Coos, Curry, Douglas, Jackson, Josephine & Klamath counties

Show  entries

Search:

Select County:  Select Title:  Select Date:

## CPR/First Aid Training

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

- ◆ An active provider number;
- ◆ Authorized and paid provider hours in any one of three full calendar months prior to the request for CPR/First Aid training;
- ◆ Completed a minimum of two Home Care Commission sponsored training classes (excluding MoneyWise);
- ◆ Attended four additional classes if the Home Care Commission previously paid for CPR/First Aid training; and
- ◆ A no-show rate of 30% or below for attending Home Care Commission training classes.



### **To apply:**

- ◆ Get application form at a training class and turn in to the trainer, or
- ◆ Send a written request (provide your name, address, county, phone number and provider number). List the Home Care Commission trainings you have attended using one of the following three options:

Mail: Home Care Commission, ATTN: CPR, 676 Church Street NE, Salem OR 97301

Email: Training.OHCC@state.or.us

Fax to: 503.378.5886

You will be contacted with information about how to sign up for CPR in your area.

Requests are processed twice a month, so please allow a few weeks to hear from us. We do not pay a stipend for your time attending this class.

## Training Completion & Stipends for Attending Classes

HCWs and PSWs may be paid a stipend for attending classes (***except for certification trainings***) 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. (ICP workers must provide a pay stub or statement from their employer.)
- ◆ 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
  - \* Home Care Workers
  - \* Personal Support Workers
  - \* Workers in Independent Choices Program
- ◆ 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.
- ◆ These payments are not considered work hours and will not have withholding. Training hours are not used to determine benefit eligibility.
- ◆ ***Please allow a minimum of 6 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 call us.***
- ◆ ***Adult Foster Care (AFC) and Private Pay Provider DO NOT receive stipend pay for attending classes. Please refer to the list of class descriptions on pages 5-6 for 'AFC CEU' approved classes.***

**The Registry** Are you looking for work? Be sure to update your profile every **30** days. 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](mailto:Registry.OHCC@state.or.us)  
or call 877.867.0077, Option #1.

## **Training Requirements: To Be Referred Through The Registry**

HCWs and PSWs who want to be referred on the Registry are required to have the following annual continuing education (if you do not want to be referred through the Registry, there is NO training requirement):

- ◆ 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.
- ◆ 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).



**Does the newsletter list the class location as 'To Be Determined'?**  
**This happens if there is not a location confirmation prior to publishing the newsletter.**

**Please check the Registry for updates to the class location.**

The Oregon Home Care Commission does not pay for refreshments at any of the classes.

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. Most hotels ask that you not eat in the meeting room. Thank you for your understanding and cooperation.



## Adult Foster Care & Guests



- ✓ Cost: \$15 per class hour. Payment must be paid prior to attending class.
- ✓ Registration is open 7 days before each class until noon one business day prior to the class.
- ✓ 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 are open on a space available basis. Classes marked with "**AFC CEUs**" in the class column are approved for foster home CEUs.

**P**rofessional Development Recognition is awarded to active Homecare Workers who qualify by attending specified trainings. You must have attended the core classes of Keeping It Professional, Working Together, and Helping Caregivers Fight Fraud & Abuse. In addition, you must:

- ◆ Attend two (2) safety-related trainings such as:
  - ◇ PASS, TRIPS, PDT, or COMPASS (counts as 2 trainings).
- ◆ Attend two (2) electives (which can be any HCC classes except MoneyWise).
- ◆ Have a no-show rate for the trainings of less than 30%.
- ◆ *Adult CPR and First Aid must be kept updated on the Registry. The Professional Development designation will not show up on matched lists unless these are current.*

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 the Following Home Care Workers!!**

Shelley Bates, Eugene  
Karen Butts, Gladstone  
Patti Carter, McMinnville  
Cheryl Donovan, Bend  
Martha Garner, Culver  
Crystal Herr, Salem

Deanna Kishpaugh, Happy Valley  
Julie Lahtinen, Happy Valley  
Marva Richardson, Roseburg  
Mary Romero, Lebanon  
Marie Ann Uhlman, Ontario  
Fracia Unger, Scappoose

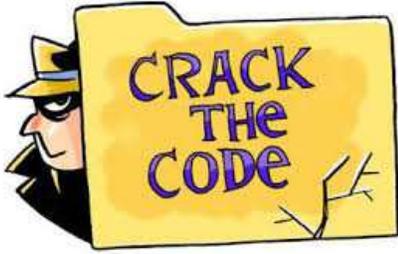
**Self-Register or Cancel Online! [www.or-hcc.org](http://www.or-hcc.org) or call 1.877.867.0077, Option #2**

## Class Descriptions

Class	Description	Class Length	Worker Stipend Available
Bathing & Grooming (B&G) <i>*AFC CEUs</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 ICP PSW
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 ICP PSW
Challenging Behaviors (CB) <i>*AFC CEUs</i>	Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors, problem solving, and communication ideas.	3 hrs	HCW ICP
Dementia & Alzheimer's (D-A) <i>*AFC CEUs</i>	Joyce Beedle, RN, BSN, is a nationally-known expert on dementia. This class will cover: understanding the disease process; hands-on techniques; tips for the details and dilemmas of daily care and establishing realistic expectations; finding ways to Enjoy Being Together. You are invited to bring your caregiving questions and concerns.	4 hrs	HCW ICP PSW
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 ICP PSW
Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender 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 ICP PSW
Durable Medical Equipment (DME) <i>*AFC CEUs</i>	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lift, and other medical equipment. Tips for choosing, fitting & using devices.	3 hrs	HCW ICP PSW
End of Life Care (ELC) <i>*AFC CEUs</i>	An overview of end of life care, including: the dying process; pain and symptom considerations; advanced planning; & spiritual, emotional, and social concerns.	4 hrs	HCW ICP PSW
Everyone Communicates (EC)	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. Also includes limited practice with a visual communication board. This class is primarily designed for Personal Support Workers. Home Care Workers who support people with communication challenges may also find the information helpful.	4 hrs	PSW
Grief and 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 ICP PSW
Heart Healthy (HH) <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 ICP PSW
Helping Caregivers Fight Fraud & Abuse (F-A) <i>*AFC CEUs</i>	Recognizing & reporting abuse & neglect of older and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.	3 ½ hrs	HCW ICP PSW

## Class Descriptions

Class	Description	Class Length	Worker Stipend
Keeping it Professional (KIP)	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.	3 ½ hrs	HCW ICP PSW
Medication Safety (MedS)	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 ICP PSW
MoneyWise (MW)	Setting financial goals, budgeting, and resources for managing your money. (This class is for personal use, NOT for helping employers with finances)	3 hrs	HCW ICP PSW
Nutrition Basics (NB) *AFC CEUs	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.	4 hrs	HCW ICP PSW
Protect Against Sprains and Strains (PASS) *AFC CEUs	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 ICP PSW
Preventing Disease Transmission (PDT) *AFC CEUs	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 ICP PSW
Ready, Set, Work (RSW)	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. <b>NOTE: Workers do not need to have worked to qualify for training pay for this class.</b>	4 hrs	HCW ICP PSW
Respiratory Care: Oxygen to Ventilators (RC) *AFC CEUs	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW ICP PSW
Substance Abuse Awareness (SAA)	Review the OHCC Drug-Free Workplace policy for homecare workers, learn the impact of drug and alcohol abuse, the role of the HCW, and resources for help.	3 hrs	HCW ICP PSW
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 ICP PSW
Taking Responsibility in Personal Safety (TRIPS)	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 ICP PSW
Working Together (WT)	Assertive communication and problem solving techniques for employers & workers; clarifying expectations; using person-directed values and language.	3 hrs	HCW ICP



### **Classes**

B&G: Bathing & Grooming  
BLV: Blindness & Low Vision  
CB: Challenging Behaviors  
COMPASS: Communities of Practice & Safety Support  
D-A: Dementia & Alzheimer's  
DBN: Diabetes By the Numbers  
DME: Durable Medical Equipment  
EC: Everyone Communicates!  
ELC: End of Life Care  
F-A: Helping Caregivers Fight Fraud & Abuse  
G-L: Grief and Loss  
HH: Heart Healthy  
KIP: Keeping it Professional  
LGBT: Diversity Awareness—Challenges Facing Lesbian, Gay, Bisexual, Transgender  
Adults  
MedS: Medication Safety  
MW: MoneyWise  
NB: Nutrition Basics  
OIS-G: Oregon Intervention System-General Training  
PASS: Protect Against Sprains and Strains  
PDT: Preventing Disease Transmission  
RSW: Ready, Set, Work  
RC: Respiratory Care: Oxygen to Ventilators  
SAA: Substance Abuse Awareness  
SMART: Stress Management and Relaxation Techniques  
TRIPS: Taking Responsibility in Personal Safety  
WT: Working Together

### **Other Codes**

AFC: Foster Home  
H or HCW: Home Care Worker  
ICP: Independent Choices Program  
OHCC: Oregon Home Care Commission  
PDR: Professional Development Recognition  
P or PSW: Personal Support Worker

## We hope to see you at one or more classes offered in March 2016!

<b>Albany</b>	3/2/16 Wednesday	MW	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	12p-3p
	3/2/16 Wednesday	PASS	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	4:30p-8p
	3/7/16 Monday	DBN	Phoenix Inn 3410 Spicer Dr. SE (Exit 233 off I-5)	9:30a-1p
	3/10/16 Thursday	D-A	Holiday Inn Express Oregon State Room 105 Opal Ct NE (Off Knox Butte Rd)	1p-5p
	3/14/16 Monday	KIP	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	9a-12:30p
	3/14/16 Monday	WT	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	2p-5p
<b>Astoria</b>	3/5/16 Saturday	MedS	Best Western 555 Hamburg Avenue (at the roundabout)	12p-3p
	3/5/16 Saturday	HH	Best Western 555 Hamburg Avenue (at the roundabout)	4p-7p
	3/15/16 Tuesday	PDT	Hampton Inn & Suites 201 39th Street	10a-12p
	3/15/16 Tuesday	B&G	Hampton Inn & Suites 201 39th Street	1:30p-5p
<b>Beaverton</b>	3/9/16 Wednesday	D-A	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway)	1p-5p
	3/19/16 Saturday	MedS	Courtyard by Marriott 8500 SW Nimbus (south of Hall Blvd)	12p-3p
	3/19/16 Saturday	HH	Courtyard by Marriott 8500 SW Nimbus (south of Hall Blvd)	4:30p-7:30p
	3/31/16 Thursday	RC	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes, NW 158th to Waterhouse to Gateway)	9a-12:30p
	3/31/16 Thursday	TRIPS	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes, NW 158th to Waterhouse to Gateway)	1:30p-4:30p

## We hope to see you at one or more classes offered in March 2016!

<b>Bend</b>	3/11/16 Friday	RC	Comfort Inn & Suites 62065 SE 27th Street	9a-12:30p
	3/11/16 Friday	TRIPS	Comfort Inn & Suites 62065 SE 27th Street	2p-5p
	3/16/16 Wednesday	KIP	Comfort Inn & Suites 62065 SE 27th Street	9a-12:30p
	3/16/16 Wednesday	SMART	Comfort Inn & Suites 62065 SE 27th Street	1:30p-4:30p
	3/30/16 Wednesday	ELC	Comfort Inn & Suites 62065 SE 27th Street	2p-6p
	3/31/16 Thursday	GL	Comfort Inn & Suites 62065 SE 27th Street	9:30a-1p
<b>Clackamas</b>	3/4/16 Friday	KIP	Clackamas Banquet Center (Denny's) 15815 SE 82nd Drive	9a-12:30p
	3/4/16 Friday	WT	Clackamas Banquet Center (Denny's) 15815 SE 82nd Drive	2p-5p
	3/8/16 Tuesday	D-A	To Be Determined	9a-1p
<b>Coos Bay</b>	3/7/16 Monday	KIP	Red Lion North Umpqua Room 1313 N Bayshore	9a-12:30p
	3/7/16 Monday	CB	Red Lion North Umpqua Room 1313 N Bayshore	2p-5p
<b>Corvallis</b>	3/7/16 Monday	ELC	Comfort Suites 1730 NW 9th Street	3p-7p
	3/8/16 Tuesday	GL	Comfort Suites 1730 NW 9th Street	11a-2:30p
<b>Cottage Grove</b>	3/9/16 Wednesday	CB	Village Green Resort 725 Row River Road (at Exit 174)	10a-1p
	3/9/16 Wednesday	SMART	Village Green Resort 725 Row River Road (at Exit 174)	2:30p-5:30p

### **Do you practice safety on the job? Here are a few tips:**

- ⇒ Use gloves and protective equipment
- ⇒ Wear sturdy shoes
- ⇒ Keep floors free of tripping hazards, such as cords, non-secured rugs, or clutter
- ⇒ Always place needles or sharp objects into a sharps container



## We hope to see you at one or more classes offered in March 2016!

<b>Eugene/ Springfield</b>	3/3/16 Thursday	KIP	Valley River Inn South Columbia Room 1000 Valley River Way	12p-3:30p
	3/3/16 Thursday	LGBT	Valley River Inn South Columbia Room 1000 Valley River Way	5p-8p
	3/23/16 Wednesday	MedS	Valley River Inn Umpqua Room 1000 Valley River Way	12p-3p
	3/23/16 Wednesday	HH	Valley River Inn Umpqua Room 1000 Valley River Way	4:30p-7:30p
	3/31/16 Thursday	DME	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	9a-12p
	3/31/16 Thursday	B&G	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	1:30p-5p
<b>Florence</b>	3/29/16 Tuesday	RSW	Best Western Pier Point Inn 85625 US-101	9a-1p
	3/29/16 Tuesday	LGBT	Best Western Pier Point Inn 85625 US-101	2:30p-5:30p
<b>Gladstone</b>	3/20/2016 Sunday	DBN	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	9:30a-1p
	3/26/16 Saturday	KIP	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	9a-12:30p
	3/26/16 Saturday	PASS	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	1:30p-5p
<b>Grants Pass</b>	3/28/16 Monday	B&G	La Quinta Inn & Suites 243 NE Morgan Ln	3p-6:30p
	3/29/16 Tuesday	KIP	La Quinta Inn & Suites 243 NE Morgan Ln	12:30p-4p
<b>Gresham</b>	3/24/16 Thursday	RSW	To Be Determined	12p-4p
	3/24/16 Thursday	SMART	To Be Determined	5:30p-8:30p

Refer to Page 7 for Codes

## We hope to see you at one or more classes offered in March 2016!

<b>Hermiston</b>	3/18/16 Friday	RSW	Best Western 2255 South Highway 395	9a-1p
	3/18/16 Friday	PDT	Best Western 2255 South Highway 395	2:30p-4:30p
<b>Hillsboro</b>	3/4/16 Friday	RSW	Tuality Community Hospital Health Education Center 335 SE 8th Avenue Main Hospital - Conference Room 1	8:30a-12:30p
	3/4/16 Friday	KIP	Tuality Community Hospital Health Education Center 335 SE 8th Avenue Main Hospital - Conference Room 1	2p-5:30p
<b>John Day</b>	3/30/16 Wednesday	RSW	Outpost Pizza 201 W. Main Street	8:30a-12:30p
	3/30/16 Wednesday	RC	Outpost Pizza 201 W. Main Street	2p-5:30p
<b>La Grande</b>	3/17/16 Thursday	WT	Blue Mountain Conference Center 404 12th Street	9a-12p
	3/17/16 Thursday	PDT	Blue Mountain Conference Center 404 12th Street	1:30p-3:30p
<b>Lebanon</b>	3/11/16 Friday	RSW	Lebanon Community Hospital 525 North Santiam Highway Conf Rm E, use back entrance near coffee shop	12p-4p
	3/11/16 Friday	SMART	Lebanon Community Hospital 525 North Santiam Highway Conf Rm E, use back entrance near coffee shop	5:30p-8:30p
<b>Medford</b>	3/30/16 Wednesday	CB	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	10a-1p
	3/30/16 Wednesday	MW	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	2:30p-5:30p
<b>Newport</b>	3/6/16 Sunday	DBN	Comfort Inn 531 SW Fall Street	9:30a-1p
	3/7/16 Monday	EC	Comfort Inn 531 SW Fall Street	1p-5p
<b>Ontario</b>	3/28/16 Monday	RSW	Clarion Inn 1249 Tapadera Avenue	9a-1p
	3/28/16 Monday	PDT	Clarion Inn 1249 Tapadera Avenue	2:30p-4:30p
<b>Oregon City</b>	3/15/16 Tuesday	RC	Providence Willamette Falls Community Ctr. 519 15th Street - Rooms A/B (at Washington, down the hill from hospital)	9a-12:30p
	3/15/16 Tuesday	PDT	Providence Willamette Falls Community Ctr. 519 15th Street - Rooms E/F (at Washington, down the hill from hospital)	2p-4p

## We hope to see you at one or more classes offered in March 2016!

<b>Portland</b>	3/2/16 Wednesday	B&G	Sheraton Four Points 1919 NE 181Street (near Francis Xavier restaurant)	9a-12:30p
	3/2/16 Wednesday	LGBT	Sheraton Four Points 1919 NE 181Street (near Francis Xavier restaurant)	2p-5p
	3/2/16 Wednesday	ELC	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	2p-6p
	3/3/16 Thursday	GL	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	10a-1:30p
	3/3/16 Thursday	KIP	Holiday Inn Airport 8439 NE Columbia Boulevard	12:30p-4p
	3/3/16 Thursday	PDT	Holiday Inn Airport 8439 NE Columbia Boulevard	5:30p-7:30p
	3/8/16 Tuesday	MedS	Sheraton Four Points 1919 NE 181Street (near Francis Xavier restaurant)	12p-3p
	3/8/16 Tuesday	HH	Sheraton Four Points 1919 NE 181Street (near Francis Xavier restaurant)	4:30p-7:30p
	3/17/16 Thursday	ELC	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	1p-5p
	3/18/16 Friday	GL	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	2:30p-6:00p
	3/29/16 Tuesday	HH	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate)	1p-4p
	3/30/16 Wednesday	MedS	<b>SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)</b>	1p-4p
<b>Prineville</b>	3/10/16 Thursday	RC	Stafford Inn 1773 NE 3rd Street (Hwy 26)	9a-12:30p
	3/10/16 Thursday	PDT	Stafford Inn 1773 NE 3rd Street (Hwy 26)	2p-4p
<b>Redmond</b>	3/17/16 Thursday	MW	Comfort Suites Airport 2243 SW Yew Avenue	10a-1p
	3/17/16 Thursday	LGBT	Comfort Suites Airport 2243 SW Yew Avenue	2:30p-5:30p

**Refer to Page 7 for Codes**

## We hope to see you at one or more classes offered in March 2016!

<b>Roseburg</b>	3/8/16 Tuesday	PDT	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	10a-12p
	3/8/16 Tuesday	SMART	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	1:30p- 4:30p
<b>Salem</b>	3/19/16 Saturday	MW	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	9a-12p
	3/19/16 Saturday	PASS	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	1:30p- 5:00p
	3/22/16 Tuesday	DME	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	9:30a- 12:30p
	3/22/16 Tuesday	TRIPS	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	2p-5p
<b>St. Helens</b>	3/23/16 Wednesday	PASS	Best Western Oak Meadows Inn 585 South Columbia River Highway	12p-3:30p
	3/23/16 Wednesday	B&G	Best Western Oak Meadows Inn 585 South Columbia River Highway	5p-8:30p
	3/25/16 Friday	LGBT	Best Western Oak Meadows Inn 585 South Columbia River Highway	12p-3p
	3/25/16 Friday	MW	Best Western Oak Meadows Inn 585 South Columbia River Highway	5p-8p
<b>The Dalles</b>	3/19/16 Saturday	PASS	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	9a-12:30p
	3/19/16 Saturday	B&G	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	2p-5:30p
<b>Tillamook</b>	3/30/16 Wednesday	WT	Shilo Inn Tillamook Room 2515 North Main	5p-8p
	3/31/16 Thursday	CB	Shilo Inn Tillamook Room 2515 North Main	9a-12p

Refer to Page 7 for Codes

# Trainings At-a-Glance

## March 2016

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2 <b>MW</b> 12p-3p <i>Albany</i> <b>PASS</b> 4:30p-8p <i>Albany</i> <b>B&amp;G</b> 9a-12:30p <i>Portland</i> <b>LBGT</b> 2p-5p <i>Portland</i> <b>ELC</b> 2p-6p <i>Portland</i>	3 <b>KIP</b> 12p-3:30p <i>Eugene</i> <b>LGBT</b> 5p-8p <i>Eugene</i> <b>GL</b> 10a-1:30p <i>Portland</i> <b>KIP</b> 12:30p-4p <i>Portland</i> <b>PDT</b> 5:30p-7:30p <i>Portland</i>	4 <b>KIP</b> 9a-12:30p <i>Clackamas</i> <b>WT</b> 2p-5p <i>Clackamas</i> <b>RSW</b> 8:30a-12:30p <i>Hillsboro</i> <b>KIP</b> 2p-5:30p <i>Hillsboro</i>	5 <b>MedS</b> 12p-3p <i>Astoria</i> <b>HH</b> 4p-7p <i>Astoria</i>
6 <b>DBN</b> 9:30a-1p <i>Newport</i>	7 <b>DBN</b> 9:30a-1p <i>Albany</i> <b>KIP</b> 9a-12:30p <i>Coos Bay</i> <b>CB</b> 2p-5p <i>Coos Bay</i> <b>ELC</b> 3p-7p <i>Corvallis</i> <b>EC</b> 1p-5p <i>Newport</i>	8 <b>GL</b> 11a-2:30p <i>Corvallis</i> <b>D-A</b> 9a-1p <i>Oregon</i> <i>City/Clackamas</i> <b>MedS</b> 12p-3p <i>Portland</i> <b>HH</b> 4:30p-7:30p <i>Portland</i> <b>PDT</b> 10a-12p <i>Roseburg</i> <b>SMART</b> 1:30p-4:30p <i>Roseburg</i>	9 <b>D-A</b> 1p-5p <i>Beaverton</i> <b>CB</b> 10a-1p <i>Cottage Grove</i> <b>SMART</b> 2:30p-5:30p <i>Cottage Grove</i>	10 <b>D-A</b> 1p-5p <i>Albany</i> <b>RC</b> 9a-12:30p <i>Prineville</i> <b>PDT</b> 2p-4p <i>Prineville</i>	11 <b>RC</b> 9a-12:30p <i>Bend</i> <b>TRIPS</b> 2p-5p <i>Bend</i> <b>RSW</b> 12p-4p <i>Lebanon</i> <b>SMART</b> 5:30p-8:30p <i>Lebanon</i>	12 NO CLASSES
13 NO CLASSES	14 <b>KIP</b> 9a-12:30p <i>Albany</i> <b>WT</b> 2p-5p <i>Albany</i>	15 <b>PDT</b> 10a-12p <i>Astoria</i> <b>B&amp;G</b> 1:30p-5p <i>Astoria</i> <b>RC</b> 9a-12:30p <i>Oregon City</i> <b>PDT</b> 2p-4p <i>Oregon City</i>	16 <b>KIP</b> 9a-12:30p <i>Bend</i> <b>SMART</b> 1:30p-4:30p <i>Bend</i>	17 <b>WT</b> 9a-12p <i>La Grande</i> <b>PDT</b> 1:30p-3:30p <i>La Grande</i> <b>ELC</b> 1p-5p <i>Portland</i> <b>MW</b> 10a-1p <i>Redmond</i> <b>LGBT</b> 2:30p-5:30p <i>Redmond</i>	18 <b>RSW</b> 9a-1p <i>Hermiston</i> <b>PDT</b> 2:30p-4:30p <i>Hermiston</i> <b>GL</b> 2:30p-6p <i>Portland</i>	19 <b>MedS</b> 12p-3p <i>Beaverton</i> <b>HH</b> 4:30p-7:30p <i>Beaverton</i> <b>MW</b> 9a-12p <i>Salem</i> <b>PASS</b> 1:30p-5p <i>Salem</i> <b>PASS</b> 9a-12:30p <i>The Dalles</i> <b>B&amp;G</b> 2p-5:30p <i>The Dalles</i>
20 <b>DBN</b> 9:30a-1p <i>Gladstone</i>	21 <b>PASS</b> 12p-3:30p <i>St. Helens</i> <b>B&amp;G</b> 5p-8:30p <i>St. Helens</i>	22 <b>DME</b> 9:30a-12:30p <i>Salem</i> <b>TRIPS</b> 2p-5p <i>Salem</i>	23 <b>MedS</b> 12p-3p <i>Eugene</i> <b>HH</b> 4:30p-7:30p <i>Eugene</i>	24 <b>RSW</b> 12p-4p <i>Gresham</i> <b>SMART</b> 5:30p-8:30p <i>Gresham</i>	25 <b>LGBT</b> 12p-3p <i>St. Helens</i> <b>MW</b> 5p-8p <i>St. Helens</i>	26 <b>KIP</b> 9a-12:30p <i>Gladstone</i> <b>PASS</b> 1:30p-5p <i>Gladstone</i>
27 NO CLASSES	28 <b>B&amp;G</b> 3p-6:30p <i>Grants Pass</i> <b>RSW</b> 9a-1p <i>Ontario</i> <b>PDT</b> 2:30p-4:30p <i>Ontario</i>	29 <b>RSW</b> 9a-1p <i>Florence</i> <b>LGBT</b> 2:30p-5:30p <i>Florence</i> <b>KIP</b> 12:30p-4p <i>Grant Pass</i> <b>HH</b> 1p-4p <i>Portland</i>	30 <b>ELC</b> 2p-6p <i>Bend</i> <b>RSW</b> 8:30a-12:30p <i>John Day</i> <b>RC</b> 2p-5:30p <i>John Day</i> <b>CB</b> 10a-1p <i>Medford</i> <b>MW</b> 2:30p-5:30p <i>Medford</i> <b>MedS</b> 1p-4p <i>Portland</i> <b>WT</b> 5p-8p <i>Tillamook</i>	31 <b>RC</b> 9a-12:30p <i>Beaverton</i> <b>TRIPS</b> 1:30p-4:30p <i>Beaverton</i> <b>GL</b> 9:30a-1p <i>Bend</i> <b>DME</b> 9a-12p <i>Eugene</i> <b>B&amp;G</b> 1:30p-5p <i>Eugene</i> <b>CB</b> 9a-12p <i>Tillamook</i>		



## Enroll in the Homecare Choice Program Today!

All active homecare and personal support workers are eligible to apply to participate in the program by taking our on-line orientation and passing the on-line readiness assessment with a score of 70 or better.

You may already be working for people who pay you privately. This is an opportunity for you to work for people who use their own money to pay for help; receive \$14 per hour; have workers' compensation coverage; and have taxes withheld. It is also a great opportunity to pick up extra hours outside of Medicaid.

In the Homecare Choice Program, you can provide help with tasks that are not covered under Medicaid like pet care, companionship, social outings, and running errands.

For more information, contact the Homecare Choice Program by phone at 1-844-494-4227 or email us at [homecare.choice@state.or.us](mailto:homecare.choice@state.or.us). You can also find information on the Commission's website at: <http://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Homecare-Choice-Providers.aspx>

To begin the orientation and take the readiness assessment, please go to [OHCC-Training.org](http://OHCC-Training.org), create a training account, and enter enrollment key HCP 2015.

## Resources for Homecare Workers (HCWs) and Personal Support Workers (PSWs)

Go to the following link to visit the webpage and discover available resources: <http://go.usa.gov/cp3k9>



- [Registry and referral system](#)
  - [Career development](#)
  - [Worker training news](#)
- [Find us on Facebook](#)

### Homecare Workers (HCW)

On the [Homecare Worker web page](#) find tools and resources to help you do your job and grow as a HCW including:

- Training
- Career development
- Health & safety
- Collective bargaining information

### Personal Support Workers (PSW)

On our [Personal Support Worker web page](#) find tools and resources including:

- Training and orientations
- Career development
- Health & safety
- Collective bargaining information

### Join the Homecare Workforce!

Become part of an important team that helps individuals stay in their homes and active in their communities.

Find information about how to [become a Personal Support Worker or Homecare Worker](#).



Voucher and pay related issues, including applications	Your local county SPD or AAA Office ♦ CEP Specialist ♦ Homecare Worker Coordinator	Go to the following link to direct you to a webpage listing offices by county <a href="http://go.usa.gov/cpgTJ">http://go.usa.gov/cpgTJ</a>
Issues regarding a case, such as authorized hours	Your local county SPD or AAA Office ♦ Case Manager	Go to the following link to direct you to a webpage listing offices by county <a href="http://go.usa.gov/cpgTJ">http://go.usa.gov/cpgTJ</a>
Homecare Worker health coverage	Homecare Worker Supplemental & Benefits Trusts	For more information go to the following link <a href="https://www.orhomecaretrust.org/">https://www.orhomecaretrust.org/</a>



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