



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

APRIL - MAY 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.

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.

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>
Astoria	Friday, May 29 2:00 – 5:30	Holiday Inn Express 204 W Marine Drive
Bend	Tuesday, April 28 9:00 – 12:30	Doubletree 300 NW Franklin
Gresham Class in Spanish	Wednesday, April 8 9:00 – 12:30 Esta clase en Español	Multnomah County East – Blue Lake Room 600 NE 8th
Klamath Falls	Saturday, April 11 9:00 – 12:30	Best Western Olympic Inn 2627 S Sixth Street
Lincoln City	Tuesday, May 12 12:30 – 4:00	Lincoln City Cultural Center 540 NE Highway 101
Portland	Tuesday, April 14 1:30 – 5:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Tigard	Friday, May 22 9:00 – 12:30	Embassy Suites Washington Square 9000 SW Washington Square Road

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
Portland	Thursday, May 7 1:30 – 4:30	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</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
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
Portland	Thursday, May 7 9:00 – 12:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Prineville	Monday, May 18 3:00 – 6:00	Stafford Inn 1773 NE 3rd Street (Hwy 26)
Tillamook	Thursday, May 28 1:15 – 4:15	NW Senior & Disability Services 5010 E 3rd Street

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

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.

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**

A 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!

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
Astoria	Tuesday, May 26 1:00 – 5:00	Holiday Inn Express 204 W Marine Drive
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>
Oregon City	Tuesday, May 19 12:30 – 4:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Redmond	Tuesday, April 21 1:30 – 5:30	Comfort Suites Airport 2243 SW Yew Avenue
St. Helens	Wednesday, May 27 12:30 – 4:30	Best Western Oak Meadows Inn 585 S Columbia River Highway

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
Coos Bay	Saturday, May 16 9:30 – 1:00	Red Lion 1313 N Bayshore
Corvallis	Monday, April 13 9:00 – 12:30	Holiday Inn Express on the River 781 NE 2nd
Eugene	Saturday, May 30 9:30 – 1:00	Phoenix Inn Suites 850 Franklin Boulevard
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

REGISTRY

Are you looking for work? Be sure to update your profile at least 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 or call 877-867-0077, Extension 1.

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>
Klamath Falls	Tuesday, May 5 1:30 – 4:30	Klamath Falls Community College Building 6 – Room H138 7390 S 6th St
Lincoln City	Tuesday, May 12 5:30 – 8:30	Lincoln City Cultural Center 540 NE Highway 101
Oregon City	Monday, April 20 10:00 – 1:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Tigard	Friday, May 22 2:00 – 5:00	Embassy Suites Washington Square 9000 SW Washington Square Road

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
Albany	Monday, May 11 1:00 – 4:00	Phoenix Inn 3410 Spicer Drive SE <i>(Exit 233 off I-5)</i>
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>
Klamath Falls	Tuesday, May 5 9:00 – 12:00	Klamath Falls Community College Building 6 – Room H138 7390 S 6th St
Medford	Friday, April 10 10:00 – 1:00	Inn at the Commons 200 N Riverside Avenue
Portland	Wednesday, May 20 5:00 – 8:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Roseburg	Thursday, April 9 9:00 – 12:00	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>

Do you wear fragrances???

Be aware that other people may have odor sensitivities and sitting in close quarters in a class can cause problems.

Please leave your fragrances at home on training days

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
Beaverton	Wednesday, May 13 9:00 – 1:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Brookings	Tuesday, April 28 2:00 – 6:00	Best Western Beachfront Inn 16008 Boat Basin Road
Corvallis	Wednesday, May 27 11:30 – 3:30	Holiday Inn Express on the River 781 NE 2nd
Florence	Monday, May 18 2:00 – 6:00	Florence Events Center 715 Quince Street
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
Roseburg	Wednesday, May 20 8:00 – 12:00	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</i>
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
Beaverton	Wednesday, May 13 2:30 – 6:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
Brookings	Wednesday, April 29 9:30 – 1:30	Best Western Beachfront Inn 16008 Boat Basin Road
Corvallis	Wednesday, May 27 5:00 – 8:30	Holiday Inn Express on the River 781 NE 2nd
<i>More Grief & Loss classes on next page</i>		

Additional Grief & Loss classes

Florence	Tuesday, May 19 9:00 – 12:30	Florence Events Center 715 Quince Street
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 Street (<i>at West end of Fremont Bridge</i>)
Roseburg	Wednesday, May 20 1:30 – 5:00	Holiday Inn 375 Harvard Boulevard (<i>at Exit 124</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
Albany	Friday, May 15 11:00 – 2:00	Holiday Inn Express 105 Opal Court NE (<i>off Knox Butte Road</i>)
Hillsboro	Monday, May 4 10:00 – 1:00	Tuality Community Hospital Health Education Center 334 SE 8th Avenue
John Day	Thursday, May 21 2:30 – 5:30	Outpost Pizza 201 W. Main Street
Portland	Monday, April 27 3:00 – 6:00	Holiday Inn Express 2333 NW Vaughn Street (<i>at West end of Fremont Bridge</i>)
Redmond	Wednesday, May 20 4:30 – 7:30	Super 8 Hwy 97 3629 SW 21st Place
Salem	Thursday, April 16 10:00 – 1:00	Best Western Mill Creek Inn 3125 Ryan Drive SE (<i>across from Costco</i>)
St. Helens	Tuesday, May 26 11:00 – 2:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

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
Corvallis	Wednesday, May 20 12:30 – 4:00	Holiday Inn Express on the River 781 NE 2nd
Grants Pass	Wednesday, April 29 2:00 – 5:30	Club Northwest 2160 NW Vine
Newport	Thursday, May 21 2:00 – 5:30	To Be Determined
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
Astoria	Friday, May 29 9:00 – 12:30	Holiday Inn Express 204 W Marine Drive
Burns	Friday, April 24 9:30 – 1:00	Burns City Hall 242 S Broadway
Clackamas	Tuesday, May 5 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	Saturday, April 18 1:30 – 5:00	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>
Prineville	Tuesday, May 19 10:00 – 1:30	Stafford Inn 1773 NE 3rd Street (Hwy 26)
Salem	Friday, May 15 9:00 – 12:30	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</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
Eugene	Saturday, May 16 9:00 – 12:00	Hilton Garden Inn 3528 Gateway Street, Springfield
Gladstone	Sunday, May 3 4:30 – 7:30	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Hermiston	Thursday, April 16 9:00 – 12:00	Hermiston Conference Center 415 S Highway 395
Medford	Wednesday, May 6 3:30 – 6:30	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
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

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
Clackamas	Thursday, May 14 1:00 – 4:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Hillsboro	Tuesday, April 28 1:00 – 4:00	Tuality Community Hospital Classroom 1 335 SE 8th Avenue
John Day	Thursday, May 21 10:00 – 1:00	Outpost Pizza 201 W. Main Street
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>
Redmond	Wednesday, May 20 12:00 – 3:00	Super 8 Hwy 97 3629 SW 21st Place
Salem	Tuesday, May 12 2:00 – 5:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market St)</i>
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
Hermiston	Sunday, May 17 10:00 – 2:00	Hermiston Conference Center 415 S Highway 395

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
Baker City	Wednesday, May 20 2:30 – 6:00	Rodeway Inn 810 Campbell Street
Clackamas	Tuesday, May 26 8:30 – 12:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Cottage Grove	Saturday, April 4 9:00 – 12:30	Village Green Resort 725 Row River Road <i>(at Exit 174)</i>
Grants Pass	Wednesday, May 27 12:30 – 4:00	Guild Building - The Board Room 1867 Williams Highway
Lebanon	Monday, May 4 9:00 – 12:30	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
McMinnville	Saturday, April 18 10:00 – 1:30	Red Lion 2535 NE Cumulus <i>(across from hospital)</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>
Tillamook	Thursday, May 28 8:45 – 12:15	NW Senior & Disability Services 5010 E 3rd Street

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.

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
Bend	Sunday, May 3 5:00 – 7:00	Holiday Inn Express 20615 Grandview Drive
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)
Lincoln City	Wednesday, May 6 9:00 – 11:00	Surftides 2945 NW Jetty (<i>turn down NW 30th</i>)
St. Helens	Monday, April 27 5:30 – 7:30	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>)

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.

**If CPR and First Aid are not kept current on the Registry, the Professional Development designation will not show up on matched lists until these are updated.*

Congratulations to these workers who have recently earned the Professional Development award:

Bonnie Bourgeois, Milwaukie
Lisa Haynes, Fairview
Jaine Niktab, Salem

Judy Coleman, Canby
Tara Hudson, Molalla
Goldie Snellgrose, Sandy

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
Bend	Monday, May 4 10:00 – 2:00	Holiday Inn Express 20615 Grandview Drive
Coos Bay	Monday, May 11 2:30 – 6:30	South Coast Hospice Bereavement Center 1610 Thompson Road
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)
Medford	Wednesday, May 6 10:00 – 2:00	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
Portland	Saturday, May 30 9:00 – 1:00	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)
Roseburg	Thursday, May 28 12:00 – 4:00	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)

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
Clackamas	Tuesday, May 26 1:30 – 5:00	New Hope Church – Room 151-152 11731 SE Stevens (N of Sunnyside Rd, enter from rear parking lot facing freeway)
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 (at Exit 174)
Lebanon	Monday, May 4 2:00 – 5:30	Lebanon Community Hospital 525 N Santiam Highway (use back entrance, near coffee shop)
Lincoln City	Wednesday, May 6 12:30 – 4:00	Surftides 2945 NW Jetty (turn down NW 30th)
Medford	Monday, April 13 9:00 – 12:30	Inn at the Commons 200 N Riverside Avenue
Roseburg	Friday, April 3 5:00 – 8:30	Holiday Inn 375 Harvard Boulevard (at Exit 124)
Salem	Tuesday, May 5 12:00 – 3:30	Day's Inn Black Bear 1600 Motor Court NE (off Market Street, behind Denny's)
Tigard	Wednesday, May 27 8:30 – 12:00	Doubletree 9575 SW Locust Street (at Greenburg)

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
Coos Bay	Monday, May 11 10:00 – 1:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Enterprise	Thursday, May 21 1:00 – 4:00	Eagle's View Inn & Suites (former Best Western) 1200 Highland Avenue
Eugene / Springfield	Saturday, May 16 1:30 – 4:30	Hilton Garden Inn 3528 Gateway Street, Springfield
Grants Pass	Wednesday, May 27 5:30 – 8:30	Guild Building - The Board Room 1867 Williams Highway
Lebanon	Thursday, April 23 1:30 – 4:30	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Oregon City	Monday, April 20 2:30 – 5:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Wednesday, May 20 12:30 – 3:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland Class in Russian	Thursday, May 21 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	Tuesday, May 26 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	Wednesday, May 27 2:00 – 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Salem	Friday, May 15 2:00 – 5:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
Salem Class in Russian	Wednesday, May 20 2:00 - 5:00 Класс на русском языке	Red Lion 3301 Market St NE
St. Helens	Saturday, May 9 1:30 – 4:30	Village Inn 535 S Columbia River Highway

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
Albany	Monday, May 11 5:30 – 8:30	Phoenix Inn 3410 Spicer Drive SE (<i>Exit 233 off I-5</i>)
Baker City	Wednesday, May 20 10:00 – 1:00	Rodeway Inn 810 Campbell Street
Eugene	Tuesday, May 5 2:30 – 5:30	Holiday Inn Express 2117 Franklin Boulevard (<i>Near U of O</i>)
Gladstone	Sunday, May 3 12:00 – 3:00	Holiday Inn Express 75 82nd Drive (<i>I-205 at Exit 11, shares Safeway lot</i>)
Portland	Tuesday, April 14 9:00 – 12:00	Ramada Inn Airport 6221 NE 82nd (<i>take NE 80th off Columbia to Holman</i>)
Roseburg	Thursday, May 28 5:30 – 8:30	Sleep Inn 2855 NW Edenbower Blvd (<i>at Exit 127</i>)
St. Helens	Saturday, May 9 9:00 – 12:00	Village Inn 535 S Columbia River Highway

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.

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
Clackamas	Tuesday, May 5 2:00 – 5:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside Rd, enter from rear parking lot facing freeway)</i>
Corvallis	Saturday, April 25 2:30 – 5:30	Holiday Inn Express on the River 781 NE 2 nd
Enterprise	Friday, May 22 10:00 – 1:00	Eagle's View Inn & Suites (former Best Western) 1200 Highland Avenue
Eugene	Tuesday, May 5 10:00 – 1:00	Holiday Inn Express 2117 Franklin Boulevard <i>(Near U of O)</i>
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
Ontario	Wednesday, April 22 2:30 – 5:30	Four Rivers Cultural Center 676 SW 5th Avenue
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 Blvd <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

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. **No dates** for this class 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.

H/ICP=Homecare Worker,Ind Choices; P=Personal Support Worker; F=Foster Home 17

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> HH 10-1 <i>Salem</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>Tigd</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> HH 3-6 <i>Ptd</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>Hillsboro</i> WT 5:30-8:30 <i>Hillsboro</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>		

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

MAY, 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3 TRIPS 12 – 3 Gladstone MW 4:30-7:30 Gladstone PDT 5-7 Bend	4 PASS 9-12:30 Lebanon RC 2-5:30 Lebanon RSW 10-2 Bend HH 10-1 Hillsboro	5 DME 9-12 Klamath Falls LGBT 1:30-4:30 Klamath Falls KIP 9-12:30 Clackamas WT 2-5 Clackamas WT 10-1 Eugene TRIPS 2:30-5:30 Eugene RC 12-3:30 Salem	6 PDT 9-11 Lincoln City RC 12:30-4 Lincoln City RSW 10-2 Medford MW 3:30-6:30 Medford	7 CB 9-12 Portland BLV 1:30-4:30 Portland	8	9 TRIPS 9-12 St. Helens SMART 1:30-4:30 St. Helens
10	11 SMART 10-1 Coos Bay RSW 2:30-6:30 Coos DME 1-4 Albany TRIPS 5:30-8:30 Albany	12 B&G 12:30-4 Lincoln City LGBT 5:30-8:30 Lincoln City MedS 2-5 Salem	13 ELC 9-1 Beaverton G-L 2:30-6 Beaverton	14 MedS 1-4 Clackamas	15 KIP 9-12:30 Salem SMART 2-5 Salem HH 11-2 Albany	16 MW 9-12 Eugene SMART 1:30-4:30 Eugene DBN 9:30-1 Coos Bay
17 NB 10-2 Hermiston	18 ELC 2-6 Florence CB 3-6 Prineville	19 G-L 9-12:30 Florence KIP 10-1:30 Prineville D-A 12:30-4:30 Oregon City	20 ELC 8-12 Roseburg G-L 1:30 – 5 Roseburg TRIPS 10-1 Baker City PASS 2:30-6 Baker City MedS 12-3 Redm HH 4:30-7:30 Redmond SMART 12:30-3:30 Portland DME 5-8 Ptd SMART-Russian 2-5 Salem F-A 12:30-4 Corvallis	21 MedS 10-1 John Day HH 2:30-5:30 John Day SMART 1-4 Enterprise F-A 2-5:30 Newport SMART-Russian 5-8 Portland	22 B&G 9-12:30 Tigard LGBT 2-5 Tigard WT 10-1 Enterprise	23
24	25	26 PASS 8:30-12 Clackamas RC 1:30-5 Clackamas HH 11-2 St. H D-A 1-5 Astoria SMART-Russian 5-8 Portland	27 RC 8:30-12 Tigard ELC 11:30-3:30 Corvallis G-L 5-8:30 Corv PASS 12:30-4 G P SMART 5:30-8:30 Grants Pass D-A 12-30-4:30 St. Helens SMART-Russian 2-5 Portland	28 PASS 8:45-12:15 Tillamook CB 1:15-4:15 Tillamook RSW 12-4 Roseburg TRIPS 5:30-8:30 Roseburg	29 KIP 9-12:30 Astoria B&G 2-5:30 Astoria	30 RSW 9-1 Portland DBN 9:30-1 Eugene

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

Here is your Worker Training News!!