



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

**MAY - JUNE 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](mailto: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 4 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 (at: [www.or-hcc.org](http://www.or-hcc.org)) and follow these steps:

1. Select the Training Tab. On this page you have two views.
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, on the "Upcoming Training Classes" page, 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 (whether complete or incomplete).
- 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](mailto: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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Astoria	Friday, May 29 2:00 – 5:30	Holiday Inn Express 204 W Marine Drive
Coos Bay	Thursday, June 11 3:30 – 7:00	Red Lion 1313 N Bayshore
Eugene / Springfield	Friday, June 26 8:00 – 11:30	Hilton Garden Inn 3528 Gateway Street, Springfield
Gladstone	Wednesday, June 17 2:30 – 6:00	Holiday Inn Express 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Grants Pass	Tuesday, June 23 8:00 – 11:30	Club Northwest 2160 NW Vine
La Grande	Friday, June 12 9:00 – 12:30	AG Service Center 10507 N McAlister Road, Island City
Lebanon	Friday, June 12 1:00 – 4:30	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Lincoln City	Tuesday, May 12 12:30 – 4:00	Lincoln City Cultural Center 540 NE Highway 101
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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Bend	Wednesday, June 24 1:30 – 4:30	Doubletree 300 NW Franklin
Portland	Thursday, May 28 1:30 – 4:30 <b>New date</b>	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking at NE 3rd and Clackamas)</i>
Portland	Tuesday, June 9 9:00 – 12:00	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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Beaverton	Thursday, June 18 10:00 – 1:00	Hilton Garden Inn 15520 NW Gateway Court <i>(off Cornell behind Sweet Tomatoes)</i>
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)
Salem	Saturday, June 6 9:00 – 12:00	Best Western Mill Creek Inn 3125 Ryan Dr SE <i>(across from Costco)</i>
St. Helens	Tuesday, June 16 5:00 – 8:00	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tillamook	Thursday, May 28 1:15 – 4:15	NW Senior & Disability Services 5010 E 3rd Street

## **GUEST REGISTRATION**

If you are NOT a Homecare Worker, Personal Support Worker or someone receiving services, guest registration is open 7 days before each class until noon one business day prior to the class. There is a fee of \$15 per class hour for the classes and payment must be paid before attending.

To register go to: <https://ilearn.oregon.gov>. If you are a new user, click on "Create a New Account". Select "Not a State Employee" as the type. To find Home Care Commission classes, select Learning Catalog. Search OHCC to find open classes.

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

## 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
Corvallis	Tuesday, June 2 12:30 – 4:30	Comfort Suites 1730 NW 9th Street
Oregon City	Tuesday, May 19 12:30 – 4:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Pendleton	Monday, June 22 10:00 – 2:00	Red Lion 304 SE Nye Avenue
St. Helens	Wednesday, May 27 12:30 – 4:30	Best Western Oak Meadows Inn 585 S Columbia River Highway
Tigard	Tuesday, June 30 9:00 – 1:00	Embassy Suites Washington Square 9000 SW Washington Square Road

## 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
Coos Bay	Saturday, May 16 9:30 – 1:00	Red Lion 1313 N Bayshore
Eugene	Saturday, May 30 9:30 – 1:00	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Saturday, June 13 10:00 – 1:30	Club Northwest 2160 NW Vine
Portland <b>Class in Russian</b>	Monday, June 15 1:00 – 4:30 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster &amp; Holgate)</i>
Roseburg	Saturday, June 27 12:00 – 3:30	Sleep Inn 2855 NW Edenbower Blvd <i>(at Exit 127)</i>
Salem <b>Class in Russian</b>	Thursday, June 11 2:00 – 5:30 <b>Класс на русском языке</b>	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market Street, next to Fred Meyer)</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

## **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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Coos Bay	Thursday, June 11 11:00 – 2:00	Red Lion 1313 N Bayshore
Corvallis	Sunday, June 7 12:30 – 3:30	Comfort Suites 1730 NW 9th Street
Eugene / Springfield	Friday, June 26 1:00 – 4:00	Hilton Garden Inn 3528 Gateway Street, Springfield
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
Portland	Saturday, June 27 1:30 – 4:30	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking at NE 3rd and Clackamas)
Salem	Saturday, June 6 1:30 – 4:30	Best Western Mill Creek Inn 3125 Ryan Dr SE (across from Costco)
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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Albany	Monday, May 11 1:00 – 4:00	Phoenix Inn 3410 Spicer Drive SE (Exit 233 off I-5)
Cottage Grove	Thursday, June 18 2:30 – 5:30	Comfort Inn 845 Gateway Boulevard
Hermiston	Thursday, June 11 2:00 – 5:00	Oxford Suites 1050 North First Street
Klamath Falls	Tuesday, May 5 9:00 – 12:00	Klamath Falls Community College Building 6 – Room H138 7390 S 6th St
La Grande	Friday, June 12 2:00 – 5:00	AG Service Center 10507 N McAlister Road, Island City
Portland	Wednesday, May 20 5:00 – 8:00	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)
Tigard	Thursday, June 25 9:00 – 12:00	Doubletree 9575 SW Locust Street (at Greenburg)

## 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>
Clackamas	Wednesday, June 10 12:00 – 4:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Corvallis	Wednesday, May 27 11:30 – 3:30	Holiday Inn Express on the River 781 NE 2nd
Eugene / Springfield	Wednesday, June 3 12:00 – 4:00	Hilton Garden Inn 3528 Gateway Street, Springfield
Florence	Monday, May 18 2:00 – 6:00	Florence Events Center 715 Quince Street
John Day	Monday, June 29 8:30 – 12:30	Outpost Pizza 201 W Main Street
Ontario	Tuesday, June 30 9:00 – 1:00	Clarion Inn 1249 Tapadera Avenue
Prineville	Tuesday, June 16 9:00 – 1:00	Stafford Inn 1773 NE 3rd Steet (Hwy 26)
Roseburg	Wednesday, May 20 8:00 – 12:00	Holiday Inn 375 Harvard Boulevard <i>(at Exit 124)</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>
Clackamas	Wednesday, June 10 5:30 – 9:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside road, enter from rear parking lot facing freeway)</i>
Corvallis	Wednesday, May 27 5:00 – 8:30	Holiday Inn Express on the River 781 NE 2nd
Eugene / Springfield	Wednesday, June 3 5:30 – 9:00	Hilton Garden Inn 3528 Gateway Street, Springfield
Florence	Tuesday, May 19 9:00 – 12:30	Florence Events Center 715 Quince Street
John Day	Monday, June 29 1:30 – 5:00	Outpost Pizza 201 W Main Street
Ontario	Tuesday, June 30 2:00 - 5:30	Clarion Inn 1249 Tapadera Avenue
<i>More Grief &amp; Loss classes on next page</i>		

<b>Additional Grief &amp; Loss classes</b>		
Prineville	Tuesday, June 16 2:30 – 6:00	Stafford Inn 1773 NE 3rd Steet (Hwy 26)
Roseburg	Wednesday, May 20 1:30 – 5:00	Holiday Inn 375 Harvard Boulevard (at Exit 124)

## **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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Albany	Friday, May 15 11:00 – 2:00	Holiday Inn Express 105 Opal Court NE (off Knox Butte Road)
Clackamas	Monday, June 22 10:00 – 1:00	Comfort Suites 15929 SE McKinley Avenue (I-205 at exit 12A)
Coos Bay	Friday, June 5 1:00 – 4:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Eugene	Thursday, June 4 12:00 – 3:00	Valley River Inn 1000 Valley River Way
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
Lincoln City	Saturday, June 6 12:00 – 3:00	Surftides 2945 NW Jetty (turn down NW 30th)
Medford	Wednesday, June 10 4:30 – 7:30	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
Redmond	Wednesday, May 20 4:30 – 7:30	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Wednesday, June 17 4:30 – 7:30	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)
St. Helens	Tuesday, May 26 11:00 – 2:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

## **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](mailto:Registry.OHCC@state.or.us) or call 877-867-0077, Extension 1.

## 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
Newport	Thursday, May 21 2:00 – 5:30	Comfort Inn 531 SW Fall Street
Pendleton	Wednesday, June 24 2:30 – 6:00	Red Lion 304 SE Nye Avenue
Portland	Tuesday, June 23 2:00 – 5:30	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking at NE 3rd and Clackamas)

## 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
Albany	Saturday, June 27 9:00 – 12:30	Comfort Suites 100 Opal Court NE (off Knox Butte Road)
Astoria	Friday, May 29 9:00 – 12:30	Holiday Inn Express 204 W Marine Drive
Clackamas	Tuesday, May 5 9:00 – 12:30	New Hope Church – Room 151-152 11731 SE Stevens (N of Sunnyside Rd, enter from rear parking lot facing freeway)
Hermiston	Thursday, June 11 9:00 – 12:30	Oxford Suites 1050 North First Street
Hillsboro <b>Class in Spanish</b>	Saturday, June 20 9:00 – 12:30 <b>Esta clase en Español</b>	Residence Inn Hillsboro 18855 NW Tanasbourne Drive
Medford	Saturday, June 20 9:00 – 12:30	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
Newport	Friday, June 19 8:30 – 12:00	Comfort Inn 531 SW Fall Street
Portland	Friday, June 19 9:00 – 12:30	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)
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 (at I-5 and Market)
Woodburn <b>Class in Spanish</b>	Thursday, June 4 1:00 – 4:30 <b>Esta clase en Español</b>	La Quinta Inn and Suites 120 Arney Road

## 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>
John Day	Thursday, May 21 10:00 – 1:00	Outpost Pizza 201 W. Main Street
Medford	Wednesday, June 10 12:00 – 3:00	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Portland	Wednesday, June 3 4:00 – 7:00	Ramada Inn Airport 6221 NE 82nd <i>(take NE 80th off Columbia to Holman)</i>
Redmond	Wednesday, May 20 12:00 – 3:00	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Wednesday, June 17 12:00 – 3:00	Sleep Inn 2855 NW Edenbower Blvd <i>(at Exit 127)</i>
Salem	Tuesday, May 12 2:00 – 5:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market St)</i>
Salem <b>Class in Russian</b>	Thursday, June 11 10:00 – 1:00 <b>Класс на русском языке</b>	Day's Inn Black Bear 1600 Motor Ct NE <i>(off Market Street)</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
Albany	Saturday, June 27 2:00 – 5:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
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>
Hillsboro	Tuesday, June 4 2:30 – 5:30	Residence Inn Hillsboro 18855 NW Tanasbourne Drive
Klamath Falls	Tuesday, June 2 2:30 – 5:30	Best Western Olympic Inn 2627 S Sixth Street
Medford	Wednesday, May 6 3:30 – 6:30	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>

## 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
Hillsboro	Monday, June 22 9:00 – 1:00	Residence Inn Hillsboro 18855 NW Tanasbourne Drive

## 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>
Coos Bay	Wednesday, June 17 8:30 – 12:00	Red Lion 1313 N Bayshore
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>
Portland	Thursday, June 18 9:00 – 12:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Redmond	Saturday, June 6 9:00 – 12:30	Super 8 Highway 97 3629 SW 21st Place
St. Helens	Tuesday, June 16 12:00 – 3:30	Best Western Oak Meadows Inn 585 S Columbia River Highway
The Dalles	Tuesday, June 2 9:00 – 12:30	Cousins Country Inn 2114 W 6th Street
Tillamook	Thursday, May 28 8:45 – 12:15	NW Senior & Disability Services 5010 E 3rd Street

***The Home Care Commission cannot 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.***

## **HELPING IN AN EMERGENCY**

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

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

Thank you!

## **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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
Bend	Sunday, May 3 5:00 – 7:00	Holiday Inn Express 20615 Grandview Drive
Corvallis	Sunday, June 7 5:00 – 7:00	Comfort Suites 1730 NW 9th Street
Gladstone	Monday, June 8 6:00 – 8:00	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)
Lincoln City	Wednesday, May 6 9:00 – 11:00	Surftides 2945 NW Jetty (turn down NW 30th)
Roseburg	Wednesday, June 3 11:00 – 1:00	Holiday Inn 375 Harvard Blvd (at Exit 124)
Salem	Monday, June 29 5:30 -7:30	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)
The Dalles	Tuesday, June 2 2:00 – 4:00	Cousins Country Inn 2114 W 6th Street
Woodburn <b>Class in Spanish</b>	Thursday, June 4 5:30 – 7:30 <b>Esta clase en Español</b>	La Quinta Inn and Suites 120 Arney Road

## **ENHANCED/EXCEPTIONAL WORKER PROGRAM**

Watch your email for upcoming information about the Enhanced program. The on-line assessment should be opening soon.

## 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.

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
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
Cottage Grove	Thursday, June 18 9:00 0- 1:00	Comfort Inn 845 Gateway Boulevard
Hillsboro	Thursday, June 4 9:00 – 1:00	Residence Inn Hillsboro 18855 NW Tanasbourne Drive
Medford	Wednesday, May 6 10:00 – 2:00	Rogue Regency Inn 2300 Biddle Road ( <i>I-5, Exit 30</i> )
Portland	Saturday, May 30 9:00 – 1:00	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue ( <i>at Tenino</i> )
Portland <b>Class in Russian</b>	Tuesday, June 9 5:00 – 9:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road ( <i>at Foster &amp; Holgate</i> )
Portland <b>Class in Russian</b>	Wednesday, June 17 2:00 – 6:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road ( <i>at Foster &amp; Holgate</i> )
Portland <b>Class in Russian</b>	Thursday, June 18 5:00 – 9:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road ( <i>at Foster &amp; Holgate</i> )
Roseburg	Thursday, May 28 12:00 – 4:00	Sleep Inn 2855 NW Edenbower Blvd ( <i>at Exit 127</i> )
Salem <b>Class in Russian</b>	Wednesday, June 10 2:00 – 6:00 <b>Класс на русском языке</b>	Day's Inn Black Bear 1600 Motor Court NE ( <i>off Market St</i> )

### 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
- improve lighting
- install handrails and grab bars
- move items to make them easier to reach

## 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)
Eugene	Tuesday, June 16 1:00 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard
Grants Pass	Tuesday, June 23 1:00 – 4:30	Club Northwest 2160 NW Vine
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)
Portland	Thursday, June 18 2:00 – 5:30	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)
Redmond	Saturday, June 6 2:00 – 5:30	Super 8 Highway 97 3629 SW 21st Place
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)

### **Living Well with Chronic Conditions Workshops**

If you or someone you know has an ongoing health condition, a Living Well workshop can help you take charge of your life. Chronic health conditions include diabetes, anxiety, chronic pain, arthritis, HIV/AIDs, asthma, depression, cancer, heart disease, fibromyalgia, and other ongoing health conditions.

Join a free 2 ½ hour Living Well workshop held each week for 6 weeks. Workshops are fun and interactive. The Living Well program was developed by Stanford University and has been proven to help improve the health of people with chronic health conditions. Workshops allow you to set your own goal and make a step-by-step plan to improve your health - and your life.

For more information, or to find a workshop in your area, go to [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell) or call 1-888-576-7414.

## 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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
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
Klamath Falls	Tuesday, June 2 10:00 – 1:00	Best Western Olympic Inn 2627 S Sixth Street
Portland	Wednesday, May 20 12:30 – 3:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland <b>Class in Russian</b>	Thursday, May 21 5:00 – 8:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster &amp; Holgate)</i>
Portland <b>Class in Russian</b>	Tuesday, May 26 5:00 – 8:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster &amp; Holgate)</i>
Portland <b>Class in Russian</b>	Wednesday, May 27 2:00 – 5:00 <b>Класс на русском языке</b>	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster &amp; Holgate)</i>
Roseburg	Wednesday, June 3 2:30 – 5:30	Holiday Inn 375 Harvard Blvd <i>(at Exit 124)</i>
Salem	Friday, May 15 2:00 – 5:00	Doubletree 1590 Weston Court NE <i>(at I-5 and Market)</i>
Salem <b>Class in Russian</b>	Wednesday, May 20 2:00 - 5:00 <b>Класс на русском языке</b>	Red Lion 3301 Market St NE
St. Helens	Saturday, May 9 1:30 – 4:30	Village Inn 535 S Columbia River Highway
Tigard	Thursday, June 25 1:30 – 4:30	Doubletree 9575 SW Locust Street <i>(at Greenburg)</i>

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

## 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 (Exit 233 off I-5)
Baker City	Wednesday, May 20 10:00 – 1:00	Rodeway Inn 810 Campbell Street
Bend	Wednesday, June 24 9:00 – 12:00	Doubletree 300 NW Franklin
Eugene	Tuesday, May 5 2:30 – 5:30	Holiday Inn Express 2117 Franklin Boulevard (Near U of O)
Gladstone	Sunday, May 3 12:00 – 3:00	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)
Newport	Friday, June 19 1:30 – 4:30	Comfort Inn 531 SW Fall Street
Portland	Friday, June 19 2:00 – 5:00	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)
Roseburg	Thursday, May 28 5:30 – 8:30	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)
Salem	Monday, June 29 1:00 – 4:00	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)
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**

<b>City</b>	<b>Date/Time</b>	<b>Location</b>
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>
Coos Bay	Wednesday, June 17 1:30 – 4:30	Red Lion 1313 N Bayshore
Enterprise	Friday, May 22 10:00 – 1:00	Eagle's View Inn & Suites 1200 Highland Avenue
Eugene	Tuesday, May 5 10:00 – 1:00	Holiday Inn Express 2117 Franklin Boulevard <i>(Near U of O)</i>
Hillsboro <b>Class in Spanish</b>	Saturday, June 20 2:00 – 5:00 <b>Esta clase en Español</b>	Residence Inn Hillsboro 18855 NW Tanasbourne Drive
Lebanon	Friday, June 12 6:00 – 9:00	Lebanon Community Hospital 525 N Santiam Highway <i>(use back entrance, near coffee shop)</i>
Medford	Saturday, June 20 2:00 – 5:00	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Portland	Saturday, June 27 9:00 – 12:00	Ambridge Event Center 1333 NE Martin Luther King Boulevard <i>(parking at NE 3rd and Clackamas)</i>

### **PROFESSIONAL DEVELOPMENT RECOGNITION**

The Professional Development Program recognizes active Homecare Workers who attend training which include core classes, safety, caregiving skills and CPR and First Aid\*. In addition, recipients have a no show rate for the trainings of less than 30%. Workers with this award are noted on matched lists on the Registry & Referral System (RRS). 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:

Hannah Barnes, Tenmile  
Vicky Michalke, North Bend  
Shannon Raymond, Hermiston

Laura Dahlstrom, Hood River  
Laura Nolan, Portland  
Ella Wilborn, Beaverton

# TRAININGS AT-A-GLANCE

# MAY, 2015

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

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 JUNE, 2015

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

B&G – Bathing & Grooming    BLV- Blind Low Vision    CB – Challenging Behaviors    D-A – Dementia  
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**676 Church Street NE  
Salem, OR 97301**

Here is your Worker Training News!!