



676 Church Street NE  
Salem OR 97301

# June/July 2015 Training News

**We hope you like our new look! INSIDE THIS ISSUE**  
Classes organized by City for your convenience

CPR/First Aid OIS-G Training Completion and Stipends	2
Registry & Referral System Training Requirements Professional Development Recognition	3
Class Descriptions	4-5
Crack the Code!	6
Albany-Burns	7
Clackamas-Corvallis	8
Cottage Grove-Florence	9
Gladstone-John Day	10
Klamath Falls-Lincoln City	11
Medford-Pendleton	12
Portland	13-14
Prineville-Roseburg	15
Salem-St. Helens	16
The Dalles-Woodburn	17
At-a-Glance!	18-19

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.

**Register early** as some classes fill to capacity and will not be able to accommodate walk-ins.

## HCWs and PSWs

**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 & Referral System, call toll-free 1.877.867.0077, Option #1

## 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 "F" at the end of the description have approved for foster home CEUs.

## CPR/First Aid Training

Requests are processed twice a month, so please allow a few weeks to hear from us:

- ◆ Get application form at a training class, **or**
- ◆ Written request to: CPR: Home Care Commission, 676 Church Street NE, Salem OR 97301, **or**
- ◆ Send an email to: Training.OHCC@state.or.us, **or**
- ◆ Fax to: 503.378.5886

Basic Requirements: Completed two Home Care Commission training classes (not including MoneyWise), have worked within the three months prior to the request, and have a no-show rate for OHCC training classes of not over 30%.

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. If the Commission has previously paid for your CPR/First Aid, you will need to have taken 4 additional trainings since that time. You are not paid for your time at the class.

## 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>
- ◆ **NOTE:** A training stipend is not provided.

## Training Completion & Stipends for Attending Classes

HCWs and PSWs may be paid a stipend for attending classes (**except for CPR/First Aid, and OIS-G**) 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
  - HCWs (**paid for classes with "H" code**)
  - PSWs (**paid for classes with "P" code**)
  - Workers in Independent Choices Program (**paid for classes with "ICP" code**)

## Training Completion & Stipends for Attending Classes (continued)

- ◆ 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.
- ◆ PSWs not paid through the 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.**

## Registry & Referral System (RRS)

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, 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:

- ◆ Four training classes a year (your year begins on the date your provider number became active, OR on October 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).

**P**rofessional Development Recognition is awarded to active Homecare Workers who qualify by attending specified trainings. 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. *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.* For details or to apply call us at 1.877.867.0077, Option #2.

### **Congratulations To the Following Home Care Workers!!**

**Laurie Cagley, Coos Bay | James Olson, Portland | Judy Sitser, Boring  
Robin Sparks, Coos Bay | Amy Spearen, Roseburg | Amanda Stout, Molalla**

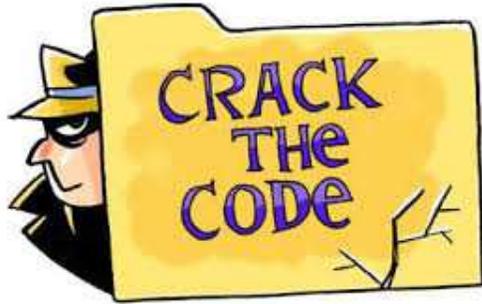


## Class Descriptions

Class	Description	Class Length	Stipend Available
Bathing & Grooming (B&G)	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	H, ICP, P, F
Blindness & Low Vision (BLV)	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	H, ICP, P, F
Challenging Behaviors (CB)	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	H, ICP, F
Dementia & Alzheimer's (D-A)	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.	4 hrs	H, ICP, P, F
Diabetes By the Numbers (DBN)	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	H, ICP, P, F
Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Adults (LGBT)	Learn terminology & definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive.	3 hrs	H, ICP, P, F
Durable Medical Equipment (DME)	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lift, and other medical equipment. Tips for choosing, fitting & using devices.	3 hrs	H, ICP, P, F
End of Life Care (ELC)	An overview of end of life care, including: the dying process; pain and symptom con-siderations; advanced planning; & spiritual, emotional, and social concerns.	4 hrs	H, ICP, P, F
Grief and Loss (G-L)	Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself.	4 hrs	H, ICP, P, F
Heart Healthy (HH)	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	H, ICP, P, F
Helping Caregivers Fight Fraud & Abuse (F-A)	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	H, ICP, P, F

## Class Descriptions

Class	Description	Class Length	Stipend Available
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	H, ICP, P
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	H, ICP, P
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	H, ICP, P
Nutrition Basics (NB)	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	H, ICP, P, F
Protect Against Sprains and Strains (PASS)	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	H, ICP, P, F
Preventing Disease Transmission (PDT)	Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.	2 hrs	H, ICP, P, F
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.  NOTE: Workers do not need to have worked to qualify for training pay for this class.	4 hrs	H, ICP, P
Respiratory Care: Oxygen to Ventilators (RC)	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	H, ICP, P, F
Stress Management and Relaxation Techniques (SMART)	Understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	H, ICP, P, F
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	H, ICP, P
Working Together (WT)	Assertive communication and problem solving techniques for employers & workers; clarifying expectations; using person-directed values and language.	3 hrs	H/ICP



### **Classes**

B&G: Bathing & Grooming

BLV: Blindness & Low Vision

CB: Challenging Behaviors

D-A: Dementia & Alzheimer's

DBN: Diabetes By the Numbers

LGBT: Diversity Awareness—Challenges Facing Lesbian, Gay, Bisexual, Transgender  
Adults

DME: Durable Medical Equipment

ELC: End of Life Care

G-L: Grief and Loss

HH: Heart Healthy

F-A: Helping Caregivers Fight Fraud & Abuse

KIP: Keeping it Professional

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

SMART: Stress Management and Relaxation Techniques

TRIPS: Taking Responsibility in Personal Safety

WT: Working Together

### **Other Codes**

F: Foster Home

H or HCW: Home Care Worker

OHCC: Oregon Home Care Commission

PDR: Professional Development Recognition

P or PSW: Personal Support Worker

RRS: Referral & Registry System

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>Albany</b>	06/27/2015 Saturday	KIP	Holiday Inn Express 105 Opal Court NE (off Knox Butte Road)	9:00 - 12:30
	06/27/2015 Saturday	MW	Holiday Inn Express 105 Opal Court NE (off Knox Butte Road)	2:00 - 5:00
	07/11/15 Saturday	DBN	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	12:00 - 3:30
	07/18/15 Saturday	MedS	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	3:00 - 6:00
	07/20/15 Monday	RSW	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	2:00 - 6:00
<b>Astoria</b>	7/1/15 Wednesday	D-A	Holiday Inn Express 204 W Marine Drive	1:00—5:00
	07/18/15 Saturday	PASS	Holiday Inn Express 204 W Marine Drive	9:00 - 12:30
	07/18/15 Saturday	PDT	Holiday Inn Express 204 W Marine Drive	2:00 - 4:00
<b>Baker City</b>	7/23/15 Thursday	RC	Rodeway Inn 810 Campbell Street	12:00 - 3:30
<b>Beaverton</b>	06/18/15 Thursday	CB	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway)	10:00 - 1:00
<b>Bend</b>	06/24/15 Wednesday	BLV	Doubletree 300 NW Franklin	1:30 - 4:30
	06/24/15 Wednesday	TRIPS	Doubletree 300 NW Franklin	9:00 - 12:00
	07/13/15 Monday	NB	Holiday Inn Express 20615 Grandview Drive	9:00 - 1:00
	07/25/15 Saturday	LGBT	Holiday Inn Express 20615 Grandview Drive	9:00 - 12:00
	07/25/15 Saturday	MW	Holiday Inn Express 20615 Grandview Drive	1:30 - 4:30
<b>Burns</b>	07/21/15 Tuesday	D-A	Burns Senior Center 17 South Alder	9:00 - 1:00

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>Clackamas</b>	06/10/15 Wednesday	ELC	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	12:00 - 4:00
	06/10/15 Wednesday	G-L	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	5:30 - 9:00
	06/22/15 Monday	HH	Comfort Suites 15929 SE McKinley Avenue off I205 at exit 12A	10:00 - 1:00
	07/16/15 Thursday	DME	Comfort Suites 15929 SE McKinley Avenue off I205 at exit 12A	2:00 - 5:00
	07/16/15 Thursday	RSW	Comfort Suites 15929 SE McKinley Avenue off I205 at exit 12A	8:30 - 12:30
<b>Coos Bay</b>	06/05/15 Friday	HH	South Coast Hospice Bereavement Center 1610 Thompson Road	1:00 - 4:00
	06/11/15 Thursday	B&G	Red Lion 1313 N Bayshore	3:30 - 7:00
	06/11/15 Thursday	LGBT	Red Lion 1313 N Bayshore	11:00 - 2:00
	06/17/15 Wednesday	PASS	Red Lion 1313 N Bayshore	8:30 - 12:00
	06/17/15 Wednesday	WT	Red Lion 1313 N Bayshore	1:30 - 4:30
	07/07/15 Tuesday	DME	Red Lion 1313 N Bayshore	9:00 - 12:00
	07/07/15 Tuesday	KIP	Red Lion 1313 N Bayshore	1:30 - 5:00
	07/26/15 Sunday	MedS	Red Lion 1313 N Bayshore	3:00 - 6:00
<b>Corvallis</b>	06/02/15 Tuesday	D-A	Comfort Suites 1730 NW 9th Sreet	12:30 - 4:30
	06/07/15 Sunday	LGBT	Comfort Suites 1730 NW 9th Sreet	12:30 - 3:30
	06/07/15 Sunday	PDT	Comfort Suites 1730 NW 9th Sreet	5:00 - 7:00
	07/15/15 Wednesday	RC	Comfort Suites 1730 NW 9th Sreet	12:00 - 3:30
	07/29/15 Wednesday	CB	Comfort Suites 1730 NW 9th Sreet	1:00 - 4:00
	07/29/15 Wednesday	SMART	Comfort Suites 1730 NW 9th Sreet	5:30 - 8:30

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>Cottage Grove</b>	06/18/15 Thursday	DME	Comfort Inn 845 Gateway Blvd	2:30 - 5:30
	06/18/15 Thursday	RSW	Comfort Inn 845 Gateway Blvd	9:00 - 1:00
<b>Eugene Springfield</b>	06/03/15 Wednesday	ELC	Hilton Garden Inn 3528 Gateway Street (I-5, exit 195A, Springfield)	12:00 - 4:00
	06/03/15 Wednesday	G-L	Hilton Garden Inn 3528 Gateway Street (I-5, exit 195A, Springfield)	5:30 - 9:00
	06/04/15 Thursday	HH	Valley River Inn 1000 Valley River Way (Eugene)	12:00 - 3:00
	06/16/15 Tuesday	RC	Phoenix Inn Suites 850 Franklin Blvd (Eugene)	1:00 - 4:30
	06/26/15 Friday	B&G	Hilton Garden Inn 3528 Gateway Street (I-5, exit 195A, Springfield)	8:00 - 11:30
	06/26/15 Friday	LGBT	Hilton Garden Inn 3528 Gateway Street (I-5, exit 195A, Springfield)	1:00 - 4:00
	07/10/15 Friday	BLV	Holiday Inn 919 Kruse Way (Springfield, I-5 Exit 195A, behind Comfort Inn)	2:00 - 5:00
	07/10/15 Friday	PASS	Holiday Inn 919 Kruse Way (Springfield, I-5 Exit 195A, behind Comfort Inn)	9:00 - 12:30
	07/11/15 Saturday	BLV	Holiday Inn 919 Kruse Way (Springfield, I-5 Exit 195A, behind Comfort Inn)	9:00 - 12:00
	07/15/15 Wednesday	F-A	Valley River Inn 1000 Valley River Way (Eugene)	1:30 - 5:00
	07/19/15 Sunday	MedS	Holiday Inn Express 2117 Franklin Blvd (Eugene - Near U of O)	4:00 - 7:00
07/21/15 Tuesday	CB	Holiday Inn Express 2117 Franklin Blvd (Eugene - Near U of O)	9:00 - 12:00	
07/21/15 Tuesday	KIP	Holiday Inn Express 2117 Franklin Blvd (Eugene - Near U of O)	1:30 - 5:00	
07/23/15 Thursday	EC	Hilton Garden Inn 3528 Gateway Street (I-5, exit 195A, Springfield)	12:00 - 4:00	
<b>Florence</b>	07/25/15 Saturday	MedS	Driftwood Shores 88416 1st Avenue	3:00 - 6:00
	07/28/15 Tuesday	CB	Driftwood Shores 88416 1st Avenue	10:00 - 1:00
	07/28/15 Tuesday	SMART	Driftwood Shores 88416 1st Avenue	2:30 - 5:30

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
Gladstone	06/08/15 Monday	PDT	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	6:00 - 8:00
	06/17/15 Wednesday	B&G	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	2:30 - 6:00
	07/30/15 Thursday	LGBT	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	5:30 - 8:30
	07/30/15 Thursday	PASS	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	12:30 - 4:00
Grants Pass	06/13/15 Saturday	DBN	Club Northwest 2160 NW Vine	10:00 - 1:30
	06/23/15 Tuesday	B&G	Club Northwest 2160 NW Vine	8:00 - 11:30
	06/23/15 Tuesday	RC	Club Northwest 2160 NW Vine	1:00 - 4:30
	07/27/15 Monday	G-L	Club Northwest 2160 NW Vine	5:00 - 8:30
	07/28/15 Tuesday	ELC	Club Northwest 2160 NW Vine	9:00 - 1:00
Hermiston	06/11/15 Thursday	DME	Oxford Suites 1050 North First Street	2:00 - 5:00
	06/11/15 Thursday	KIP	Oxford Suites 1050 North First Street	9:00 - 12:30
	07/08/15 Wednesday	PASS	Oxford Suites 1050 North First Street	12:00 - 3:30
	07/08/15 Wednesday	WT	Oxford Suites 1050 North First Street	5:00 - 8:00
Hillsboro	06/04/15 Thursday	MW	Residence Inn 18855 NW Tanasbourne Drive	2:30 - 5:30
	06/04/15 Thursday	RSW	Residence Inn 18855 NW Tanasbourne Drive	9:00 - 1:00
	06/20/15 Saturday	KIP	Residence Inn 18855 NW Tanasbourne Drive <b>Class in Spanish</b> <b>Esta clase en Español</b>	9:00 - 12:30
	06/20/15 Saturday	WT	Residence Inn 18855 NW Tanasbourne Drive <b>Class in Spanish</b> <b>Esta clase en Español</b>	2:00 - 5:00
	06/22/15 Monday	NB	Residence Inn 18855 NW Tanasbourne Drive	9:00 - 1:00
	07/17/15 Friday	WT	Residence Inn 18855 NW Tanasbourne Drive	9:00 - 12:00
	John Day	06/29/15 Monday	ELC	Outpost Pizza 201 W. Main Street
06/29/15 Monday		G-L	Outpost Pizza 201 W. Main Street	1:30 - 5:00
07/22/15 Wednesday		D-A	Outpost Pizza 201 W. Main Street	1:00 - 5:00

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>Klamath Falls</b>	06/02/15 Tuesday	MW	Olympic Inn 2627 S Sixth Street	2:30 - 5:30
	06/02/15 Tuesday	SMART	Olympic Inn 2627 S Sixth Street	10:00 - 1:00
	07/24/15 Friday	KIP	Olympic Inn 2627 S Sixth Street	9:00 - 12:30
	07/24/15 Friday	PASS	Olympic Inn 2627 S Sixth Street	2:00 - 5:30
	07/29/15 Wednesday	F-A	Olympic Inn 2627 S Sixth Street	2:00 - 5:30
<b>La Grande</b>	06/12/15 Friday	B&G	AG Service Center 10507 N McAlister Road Island City	9:00 - 12:30
	06/12/15 Friday	DME	AG Service Center 10507 N McAlister Road Island City	2:00 - 5:00
	07/07/15 Tuesday	RSW	Blue Mountain Conference Center 404 12th Street	10:00 - 2:00
	07/07/15 Tuesday	WT	Blue Mountain Conference Center 404 12th Street	3:30 - 6:30
<b>Lebanon</b>	06/12/15 Friday	B&G	Lebanon Community Hospital 525 N Santiam Highway (use back entrance, near coffee shop)	1:00 - 4:30
	06/12/15 Friday	WT	Lebanon Community Hospital 525 N Santiam Highway (use back entrance, near coffee shop)	6:00 - 9:00
	07/09/15 Thursday	DME	Lebanon Community Hospital 525 N Santiam Highway (use back entrance, near coffee shop)	8:30 - 11:30
	07/09/15 Thursday	TRIPS	Lebanon Community Hospital 525 N Santiam Highway (use back entrance, near coffee shop)	1:00 - 4:00
<b>Lincoln City</b>	06/06/15 Saturday	HH	Surftides 2945 NW Jetty (turn down NW 30th)	12:00 - 3:00
	07/08/15 Wednesday	D-A	Liberty Inn 4990 Logan Road	1:00 - 5:00
	07/22/15 Wednesday	PASS	Liberty Inn 4990 Logan Road	12:00 - 3:30
	07/22/15 Wednesday	WT	Liberty Inn 4990 Logan Road	5:00 - 8:00

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.



## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>Medford</b>	06/10/15 Wednesday	HH	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	4:30 - 7:30
	06/10/15 Wednesday	MedS	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	12:00 - 3:00
	06/20/15 Saturday	KIP	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	9:00 - 12:30
	06/20/15 Saturday	WT	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	2:00 - 5:00
	07/23/15 Thursday	PDT	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	1:30 - 3:30
	07/23/15 Thursday	TRIPS	Rogue Regency Inn 2300 Biddle Rd (I-5, Exit 30)	9:00 - 12:00
<b>Newport</b>	06/19/15 Friday	KIP	Comfort Inn 531 SW Fall Street	8:30 - 12:00
	06/19/15 Friday	TRIPS	Comfort Inn 531 SW Fall Street	1:30 - 4:30
<b>Oakridge</b>	07/30/15 Thursday	TRIPS	St. Vincent de Paul Center 47663 Highway 58	2:30-5:30
	07/30/15 Thursday	WT	St. Vincent de Paul Center 47663 Highway 58	10:30-1:30
<b>Ontario</b>	06/30/15 Tuesday	ELC	Clarion Inn 1249 Tapadera Avenue	9:00 - 1:00
	06/30/15 Tuesday	G-L	Clarion Inn 1249 Tapadera Avenue	2:00 - 5:30
	07/24/15 Friday	B&G	Four Rivers Cultural Center 676 SW 5th Avenue	9:00 - 12:30
	07/24/15 Friday	RC	Four Rivers Cultural Center 676 SW 5th Avenue	2:00 - 5:30
<b>Oregon City</b>	07/13/15 Monday	DBN	Providence Willamette Falls Community Center 519 15th Street (at Washington, down the hill from hospital)	9:30 - 1:00
<b>Pendleton</b>	06/22/15 Monday	D-A	Red Lion 304 SE Nye Avenue	10:00 - 2:00
	06/24/15 Wednesday	F-A	Red Lion 304 SE Nye Avenue	2:30 - 6:00
	07/22/15 Wednesday	B&G	Oxford Suites 2400 SW Court Place (behind Safeway)	9:00 - 12:30
	07/22/15 Wednesday	RC	Oxford Suites 2400 SW Court Place (behind Safeway)	2:00 - 5:30

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
Portland	06/03/15 Wednesday	MedS	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	4:00 - 7:00
	06/09/15 Tuesday	BLV	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	9:00 - 12:00
	06/09/15 Tuesday	RSW	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Class in Russian</b> <b>Класс на русском языке</b>	5:00 - 9:00
	06/15/15 Monday	DBN	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Class in Russian</b> <b>Класс на русском языке</b>	1:00 - 4:30
	06/17/15 Wednesday	RSW	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Class in Russian</b> <b>Класс на русском языке</b>	2:00 - 6:00
	06/18/15 Thursday	PASS	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)	9:00 - 12:30
	06/18/15 Thursday	RC	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)	2:00 - 5:30
	06/18/15 Thursday	RSW	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Class in Russian</b> <b>Класс на русском языке</b>	5:00 - 9:00
	06/19/15 Friday	KIP	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	9:00 - 12:30
	06/19/15 Friday	TRIPS	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	2:00 - 5:00
	06/23/15 Tuesday	F-A	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	2:00 - 5:30
	06/25/15 Thursday	EC	Independence NW 919 NE 19th Avenue, Suite 275	9:00 - 1:00
	06/27/2015 Saturday	LGBT	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	1:30 - 4:30
	06/27/2015 Saturday	WT	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 12:00

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
Portland	07/01/15 Wednesday	CB	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	12:30 - 3:30
	07/01/15 Wednesday	SMART	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	5:00 - 8:00
	07/07/15 Tuesday	HH	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (at Tenino)	10:00 - 1:00
	07/15/15 Wednesday	MW	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate)	12:00 - 3:00
	07/16/15 Thursday	HH	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (at Tenino) <b>Class in Russian</b> <b>Класс на русском языке</b>	12:00 - 3:00
	07/18/15 Saturday	B&G	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 12:30
	07/18/15 Saturday	PDT	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	2:00 - 4:00
	07/21/15 Tuesday	RC	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Ave (at Tenino)	9:00 - 12:30
	07/25/15 Saturday	ELC	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	9:00 - 1:00
07/25/15 Saturday	G-L	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	2:30 - 6:00	



### 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 without recapping

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
Prineville	06/16/15 Tuesday	ELC	Stafford Inn 1773 NE 3rd St (Hwy 26)	9:00 - 1:00
	06/16/15 Tuesday	G-L	Stafford Inn 1773 NE 3rd St (Hwy 26)	2:30 - 6:00
	07/22/15 Wednesday	B&G	Stafford Inn 1773 NE 3rd St (Hwy 26)	2:30 - 6:00
	07/22/15 Wednesday	WT	Stafford Inn 1773 NE 3rd St (Hwy 26)	10:00 - 1:00
Redmond	06/06/15 Saturday	PASS	Super 8 Hwy 97 3629 SW 21st Place	9:00 - 12:30
	06/06/15 Saturday	RC	Super 8 Hwy 97 3629 SW 21st Place	2:00 - 5:30
	07/28/15 Tuesday	F-A	Comfort Suites Airport 2243 SW Yew Avenue	2:00 - 5:30
Roseburg	06/03/15 Wednesday	PDT	Holiday Inn 375 Harvard Blvd (at Exit 124)	11:00 - 1:00
	06/03/15 Wednesday	SMART	Holiday Inn 375 Harvard Blvd (at Exit 124)	2:30 - 5:30
	06/17/15 Wednesday	HH	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	4:30 - 7:30
	06/17/15 Wednesday	MedS	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	12:00 - 3:00
	06/27/2015 Saturday	DBN	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	12:00 - 3:30
	07/09/15 Thursday	LGBT	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	2:00 - 5:00
	07/09/15 Thursday	PASS	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	9:00 - 12:30
	07/16/15 Thursday	B&G	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	9:00 - 12:30
	07/16/15 Thursday	RC	Sleep Inn 2855 NW Edenbower Blvd (Exit 127 off of I-5)	2:00 - 5:30

### **Tips for Tough Transitions**

Moving between tasks or events are sometimes a challenge for those who experience autism spectrum disorders—or anyone. Using a visual timer can be a big help. There is, of course, an app for that! Here are couple to check out:

- Time Timer: [www.timetimer.com](http://www.timetimer.com) (\$2.99 iPhone, iPad, Android)
- Vis Timer: [mindfultools.gnoup.com](http://mindfultools.gnoup.com) (\$1.99 iPhone or iPad)



## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
Salem	06/06/15 Saturday	CB	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	9:00 - 12:00
	06/06/15 Saturday	LGBT	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	1:30 - 4:30
	06/10/15 Wednesday	RSW	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Class in Russian</b> <b>Класс на русском языке</b>	2:00 - 6:00
	06/11/15 Thursday	DBN	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Class in Russian</b> <b>Класс на русском языке</b>	2:00 - 5:30
	06/11/15 Thursday	MedS	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Class in Russian</b> <b>Класс на русском языке</b>	10:00 - 1:00
	06/29/15 Monday	PDT	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	5:30 - 7:30
	06/29/15 Monday	TRIPS	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	1:00 - 4:00
	07/01/15 Wednesday	HH	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	12:00 - 3:00
	07/07/15 Tuesday	D-A	Red Lion 3301 Market Street NE	1:00 - 5:00
	07/10/15 Friday	HH	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Class in Russian</b> <b>Класс на русском языке</b>	10:00 - 1:00
	07/14/15 Tuesday	B&G	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	9:00 - 12:30
	07/14/15 Tuesday	RC	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	2:00 - 5:30
	Seaside	07/17/15 Friday	DME	Doubletree 1590 Weston Court NE (at I-5 and Market St)
07/17/15 Friday		PASS	Doubletree 1590 Weston Court NE (at I-5 and Market St)	9:00 - 12:30
St. Helens	07/26/15 Sunday	DBN	Rivertide Suites 102 N Holladay (at 1st St., across from Convention Center)	11:00 - 2:30
St. Helens	06/16/15 Tuesday	CB	Best Western Oak Meadows Inn 585 S Columbia River Highway	5:00 - 8:00
	06/16/15 Tuesday	PASS	Best Western Oak Meadows Inn 585 S Columbia River Highway	12:00 - 3:30
	06/24/15 Wednesday	D-A	Best Western Oak Meadows Inn 585 S Columbia River Highway	12:30-4:30
	07/25/15 Saturday	DBN	Best Western Oak Meadows Inn 585 S Columbia River Highway	1:00 - 4:30
	07/29/15 Wednesday	DME	Best Western Oak Meadows Inn 585 S Columbia River Highway	9:00 - 12:00
	07/29/15 Wednesday	KIP	Best Western Oak Meadows Inn 585 S Columbia River Highway	1:30 - 5:00

## We hope to see you at one or more of the classes offered in June and July 2015!

City	Date	Class	Location	Time
<b>The Dalles</b>	06/02/15 Tuesday	PASS	Cousins Country Inn 2114 W 6th Street	9:00 - 12:30
	06/02/15 Tuesday	PDT	Cousins Country Inn 2114 W 6th Street	2:00 - 4:00
	07/23/15 Thursday	B&G	Cousins Country Inn 2114 W 6th Street	2:00 - 5:30
	07/24/15 Friday	SMART	Cousins Country Inn 2114 W 6th Street	10:00 - 1:00
<b>Tigard</b>	06/25/15 Thursday	DME	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	9:00 - 12:00
	06/25/15 Thursday	SMART	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	1:30 - 4:30
	06/30/15 Tuesday	D-A	Embassy Suites Washington Square 9000 SW Washington Square Road	9:00 - 1:00
	07/09/15 Thursday	MedS	Embassy Suites Washington Square 9000 SW Washington Square Road	12:00 - 3:00
	07/10/15 Friday	KIP	Embassy Suites Washington Square 9000 SW Washington Square Road	9:00 - 12:30
	07/10/15 Friday	TRIPS	Embassy Suites Washington Square 9000 SW Washington Square Road	2:00 - 5:00
	07/12/15 Sunday	DBN	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	11:00 - 2:30
<b>Tillamook</b>	07/27/15 Monday	DBN	Port of Tillamook Bay 4000 Blimp Boulevard, Suite 100	9:00 - 12:30
<b>Woodburn</b>	06/04/15 Thursday	KIP	La Quinta Inn and Suites 120 Arney Rd <b>Class in Spanish</b> <b>Esta clase en Español</b>	1:00 - 4:30
	06/04/15 Thursday	PDT	La Quinta Inn and Suites 120 Arney Rd <b>Class in Spanish</b> <b>Esta clase en Español</b>	5:30 - 7:30

**Please share this newsletter with your employers. They are welcome to attend classes at no charge.**

# Trainings At-a-Glance

# June 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 No Classes	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 Ptd     <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 No Classes	15     <b>DBN-Russian</b> 1-4:30 <i>Portland</i>	16 <b>RC</b> 1-4:30 <i>Eugene</i>  <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>	17 <b>PASS</b> 8:30-12 <i>Coos Bay</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 No Classes	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>  <b>D-A</b> 12:30-4:30 <i>St. Helens</i>	25 <b>DME</b> 9-12 <i>Tigard</i> <b>SMART</b> 1:30-4:30 <i>Tigard</i>  <b>EC</b> 9-1 <i>Portland</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 No Classes	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>				

# Trainings At-a-Glance

# July 2015

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 HH 12-3 Salem CB 12:30-3:30 Portland D-A 1-5 Astoria SMART 5-8 Portland	2 No Classes	3 No Classes	4 No Classes
5 No Classes	6 No Classes	7 HH 10-1 Portland D-A 1-5 Salem RSW 10-2 La Grande WT 3:30-6:30 La Grande DME 9-12 Coos KIP 1:30-5 Coos	8 D-A 1-5 Lincoln City PASS 12-3:30 Hermiston WT 5-8 Hermiston	9 PASS 9-12:30 Roseburg LGBT 2-5 Roseburg MedS 12-3 Tigard DME 8:30-11:30 Lebanon TRIPS 1-4 Lebanon	10 PASS 9-12:30 Eugene/Spr BLV 2-5 Eugene/Spr KIP 9-12:30 Tigard TRIPS 2-5 Tigard HH-Russian 10-1 Salem	11 BLV 9-12 Eugene/Spr DBN 12-3:30 Albany
12 DBN 11-12:30 Beaverton	13 DBN 9:30-1 Oregon City NB 9-1 Bend	14 B&G 9-12:30 Salem RC 2-5:30 Salem	15 RC 12-3:30 Corvallis MW 12-3 Portland F-A 1:30-5 Eugene	16 B&G 9-12:30 Roseburg RC 2-5:30 Roseburg HH-Russian 12-3 Portland RSW 8:30-12:30 Clackamas DME 2-5 Clackamas	17 PASS 9-12:30 Salem DME 2-5 Salem WT 9-12 Hillsboro	18 PASS 9-12:30 Astoria PDT 2-4 Astoria B&G 9-12:30 Portland PDT 2-4 Portland MedS 3-6 Albany
19 MedS 4-7 Eugene	20 RSW 2-6 Albany	21 RC 9-12:30 Portland CB 9-12 Eugene KIP 1:30-5 Eugene D-A 9-1 Burns	22 D-A 1-5 John Day B&G 9-12:30 Pendleton RC 2-5:30 Pendleton PASS 12-3:30 Lincoln City WT 5-8 Lincoln City WT 10-1 Prineville B&G 2:30-6 Prineville	23 RC 12-3:30 Baker City EC 12-4 Eugene TRIPS 9-12 Medford PDT 1:30-3:30 Medford B&G 2-5:30 The Dalles	24 KIP 9-12:30 Klamath Falls PASS 2-5:30 Klamath Falls SMART 10-2 The Dalles B&G 9-12:30 Ontario RC 2-5:30 Ontario	25 MedS 3-6 Florence ELC 9-1 Portland GL 2:30-6 Portland DBN 1-4:30 St Helens LGBT 9-12 Bend MW 1:30-4:30 Bend
26 DBN 11-2:30 Seaside MedS 3-6 Coos Bay	27 DBN 9-12:30 Tillamook G-L 5-8:30 Grants Pass	28 ELC 9-1 Grants Pass CB 10-1 Florence SMART 2:30-5:30 Florence F-A 2-5:30 Redmond	29 CB 1-4 Corvallis SMART 5:30-8:30 Corvallis F-A 2-5:30 K Falls DME 9-12 St. Helens KIP 1:30-5 St. Helens	30 PASS 12:30-4 Gladstone LGBT 5:30-8:30 Gladstone WT 10:30-1:30 Oakridge TRIPS 2:30-5:30 Oakridge	31 No Classes	



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

Here is your Worker Training News!!