



676 Church Street NE
Salem OR 97301

August/September 2015 Training News

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Trainings in this newsletter are provided for Homecare Workers (HCWs), Personal Support Workers (PSWs) and the consumer/employers they work for.

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

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 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 Please tell us your name, provider number and the dates, class names and cities of the trainings you wish to attend, or

3. Call 1.877.867.0077 Option #2

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

Adult Foster Care & Guests

- ✓ Cost: \$15 per class hour. Payment must be paid prior to attending class.
- ✓ Registration is open 7 days before each class until noon one business day prior to the class.
- ✓ To register go to: <https://ilearn.oregon.gov>
- ✓ If you are a new user, click on "Create a New Account". Select "Not a State Employee" as the type.
- ✓ To find Home Care Commission classes, select Learning Catalog. Search 'OHCC' to find open classes. Classes are open on a space available basis. Classes marked with "**AFC**" in the stipend column are 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 and turn in to the trainer, **or**
- ◆ Send a 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
 - * Home Care Workers
 - * Personal Support Workers
 - * Workers in Independent Choices Program

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 as completed in your Registry profile. If you have not received payment by then, please call us.***



The July issue of the Training News contained some misinformation. On page 25 in the Frequently Asked Questions of "How Many Classes May I Attend?" some very old information was reprinted indicating that workers could get paid for the same class more than once in 12 months. That policy was changed years ago and workers now may only receive the training stipend for each class once in 12 months. We apologize for the error.

The Registry Are you looking for work? Be sure to update your profile every **30** days. You can also check the Help Wanted section for consumers looking for a worker. Select the county or counties where you want to work in to find listings. Be sure to click on the "Expand" button to make sure you meet the person's needs before calling. The Registry web address is: <https://www.or-hcc.org>

For help with the Registry, send an email to Registry.OHCC@state.or.us
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).

Professional Development Recognition is awarded to active Homecare Workers who qualify by attending specified trainings. You must have attended the core classes of Keeping It Professional, Working Together, and Helping Caregivers Fight Fraud & Abuse. In addition, you must attend 5 hours of safety-related trainings (such as PASS, TRIPS, or PDT), and 5 hours of other services & skills trainings (such as Challenging Behaviors, Dementia, Diabetes, etc.), and no show rate for the trainings of less than 30%. *Adult CPR and First Aid must be kept updated on the Registry. The Professional Development designation will not show up on matched lists unless these are current.*



Workers with this award are noted on matched lists on the Registry. To request an application, call us at 1.877.867.0077, Option #2.

Congratulations To the Following Home Care Workers!!

Suzan Greenlee, Eugene
Maria Gonzalez, Wilsonville
James Leahy, Sutherlin
Nory Millard, St. Helens
Kelly Jo Stransky, Portland

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.



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.

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	HCW ICP PSW AFC
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	HCW ICP PSW AFC
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	HCW ICP AFC
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	HCW ICP PSW AFC
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	HCW ICP PSW AFC
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	HCW ICP PSW AFC
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	HCW ICP PSW AFC
End of Life Care (ELC)	An overview of end of life care, including: the dying process; pain and symptom considerations; advanced planning; & spiritual, emotional, and social concerns.	4 hrs	HCW ICP PSW AFC
Everyone Communicates (EC)	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.	4 hrs	PSW
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	HCW ICP PSW AFC
Heart Healthy (HH)	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	HCW ICP PSW AFC
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	HCW ICP PSW AFC

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	HCW ICP PSW
Medication Safety (MedS)	Assisting adults who manage their own medication, including: types and effects of medications; assisting with documentation, storage; recognizing risks and warning signs; and the role of the worker.	3 hrs	HCW ICP PSW
MoneyWise (MW)	Setting financial goals, budgeting, and resources for managing your money. (This class is for personal use, NOT for helping employers with finances)	3 hrs	HCW ICP PSW
Nutrition Basics (NB)	Basics of nutrition, nutrient categories, meal timing, meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns.	4 hrs	HCW ICP PSW FC
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	HCW ICP PSW AFC
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	HCW ICP PSW AFC
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	HCW ICP PSW
Respiratory Care: Oxygen to Ventilators (RC)	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW ICP PSW AFC
Substance Abuse Awareness (SAA)	Review the OHCC Drug-Free Workplace policy for homecare workers, learn the impact of drug and alcohol abuse, the role of the HCW, and resources for help.	3 hrs	HCW ICP
Stress Management and Relaxation Techniques (SMART)	Understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	HCW ICP PSW AFC
Taking Responsibility in Personal Safety (TRIPS)	Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips.	3 hrs	HCW ICP PSW
Working Together (WT)	Assertive communication and problem solving techniques for employers & workers; clarifying expectations; using person-directed values and language.	3 hrs	HCW ICP



Classes

B&G: Bathing & Grooming

BLV: Blindness & Low Vision

CB: Challenging Behaviors

COMPASS: Communities of Practice & Safety Support

D-A: Dementia & Alzheimer's

DBN: Diabetes By the Numbers

DME: Durable Medical Equipment

EC: Everyone Communicates!

ELC: End of Life Care

F-A: Helping Caregivers Fight Fraud & Abuse

G-L: Grief and Loss

HH: Heart Healthy

KIP: Keeping it Professional

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

MedS: Medication Safety

MW: MoneyWise

NB: Nutrition Basics

OIS-G: Oregon Intervention System-General Training

PASS: Protect Against Sprains and Strains

PDT: Preventing Disease Transmission

RSW: Ready, Set, Work

RC: Respiratory Care: Oxygen to Ventilators

SAA: Substance Abuse Awareness (class on hiatus)

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

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Albany	08/13/15 Thursday	PASS	Phoenix Inn 3410 Spicer Dr. SE (Exit 233 off I-5)	9:00 - 12:30
	08/13/15 Thursday	WT	Phoenix Inn 3410 Spicer Dr. SE (Exit 233 off I-5)	2:00 - 5:00
	09/19/15 Saturday	CB	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	9:00 - 12:00
	09/19/15 Saturday	LGBT	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	1:30 - 4:30
Astoria	08/17/15 Monday	HH	Holiday Inn Express 204 W Marine Drive	12:00 - 3:00
	08/28/15 Friday	LGBT	Holiday Inn Express 204 W Marine Drive	9:00 - 12:00
	08/28/15 Friday	TRIPS	Holiday Inn Express 204 W Marine Drive	1:30 - 4:30
Beaverton	08/11/15 Tuesday	F-A	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway) Multnomah Room	2:00 - 5:30
	08/19/15 Wednesday	B&G	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway) Multnomah Room	1:00 - 4:30
	08/19/15 Wednesday	PDT	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway) Multnomah Room	6:00 - 8:00
	9/15/2015 Tuesday	EC!	Self-Determination Resources, Inc. 12770 SW 1st Street	10:00 - 2:00

Refer to Page 7 for Codes

Please cancel if you cannot attend a class. Workers with a high percentage of no-shows without canceling will need to take more classes to qualify for the CPR benefit or for the Professional Development recognition.

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Bend	08/04/15 Tuesday	WT	Red Lion Hotel 1415 NE Third Street	10:00 - 1:00
	08/04/15 Tuesday	SMART	Red Lion Hotel 1415 NE Third Street	2:30 - 5:30
	08/29/15 Saturday	MedS	Doubletree 300 NW Franklin	12:00 - 3:00
	08/29/15 Saturday	HH	Doubletree 300 NW Franklin	4:30 - 7:30
	09/24/15 Thursday	B&G	Red Lion Hotel 1415 NE Third Street	10:00 - 1:30
	09/24/15 Thursday	DME	Red Lion Hotel 1415 NE Third Street	3:00 - 6:00
	09/29/15 Tuesday	D-A	Doubletree 300 NW Franklin	4:00 - 8:00
Clackamas	09/03/15 Thursday	MW	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	9:00 - 12:00
	09/03/15 Thursday	B&G	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	1:30 - 5:00
	09/09/15 Wednesday	D-A	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	9:00 - 1:00
Coos Bay	08/06/15 Thursday	PDT	Red Lion 1313 N Bayshore	9:00 - 11:00
	08/06/15 Thursday	RC	Red Lion 1313 N Bayshore	12:30 - 4:00
	08/09/15 Sunday	DBN	Red Lion 1313 N Bayshore	9:30 - 1:00
	09/21/15 Monday	ELC	Red Lion 1313 N Bayshore	2:00 - 6:00
	09/22/15 Tuesday	G-L	Red Lion 1313 N Bayshore	8:30 - 12:00
	09/23/15 Wednesday	TRIPS	Red Lion 1313 N Bayshore	9:00 - 12:00
	09/23/15 Wednesday	F-A	Red Lion 1313 N Bayshore	2:00 - 5:30

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Corvallis	08/07/15 Friday	HH	Holiday Inn Express on the River 781 NE 2nd	12:00 - 3:00
	08/28/15 Friday	MW	Comfort Suites 1730 NW 9th Street	9:00 - 12:00
	08/28/15 Friday	B&G	Comfort Suites 1730 NW 9th Street	1:30 - 5:00
	09/09/15 Wednesday	DME	Comfort Suites 1730 NW 9th Street	11:00 - 2:00
	09/09/15 Wednesday	TRIPS	Comfort Suites 1730 NW 9th Street	3:30 - 6:30
	09/29/15 Tuesday	MedS	Comfort Suites 1730 NW 9th Street	5:30 - 8:30
Cottage Grove	08/14/15 Friday	LGBT	Village Green Resort 725 Row River Road (at Exit 174)	10:00 - 1:00
	08/14/15 Friday	B&G	Village Green Resort 725 Row River Road (at Exit 174)	2:30 - 6:00
Enterprise	08/07/15 Friday	CB	Eagles View Inn (former Best Western) 1200 Highland Avenue	9:00 - 12:00
	08/07/15 Friday	PDT	Eagles View Inn (former Best Western) 1200 Highland Avenue	1:30 - 3:30
Eugene Springfield	08/05/15 Wednesday	WT	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	5:00 - 8:00
	08/06/15 Thursday	RSW	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	10:00 - 2:00
	08/19/15 Wednesday	PDT	Valley River Inn 1000 Valley River Way	9:00 - 11:00
	08/19/15 Wednesday	RC	Valley River Inn 1000 Valley River Way	12:30 - 4:00

***Eugene/Springfield classes continued on Page 11.**

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

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Eugene Springfield (continued)	08/24/15 Monday	DBN	Hilton Garden Inn 3528 Gateway Street, (Springfield) (I-5 Exit 195A)	9:30 - 1:00
	08/26/15 Wednesday	D-A	Hilton Garden Inn 3528 Gateway Street, (Springfield) (I-5 Exit 195A)	12:00 - 4:00
	08/27/15 Thursday	MW	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	8:30 - 11:30
	08/27/15 Thursday	SMART	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	1:00 - 4:00
	09/01/15 Tuesday	HH	Holiday Inn Express 2117 Franklin Blvd (Near U of O)	9:00 - 12:00
	09/11/15 Friday	B&G	Hilton Garden Inn 3528 Gateway Street, (Springfield) (I-5 Exit 195A)	9:00 - 12:30
	09/11/15 Friday	KIP	Hilton Garden Inn 3528 Gateway Street, (Springfield) (I-5 Exit 195A)	2:00 - 5:30
	09/19/15 Saturday	TRIPS	Phoenix Inn Suites 850 Franklin Blvd	2:00 - 5:00
	09/26/15 Saturday	PASS	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	8:30 - 12:00
	09/26/15 Saturday	DME	Holiday Inn 919 Kruse Way (Springfield) (I-5 Exit 195A, behind Comfort Inn)	1:30 - 4:30
09/29/15 Tuesday	MedS	Hilton Garden Inn 3528 Gateway Street (I-5 Exit 195A)	5:00 - 8:00	
Florence	08/05/15 Wednesday	B&G	Driftwood Shores 88416 1st Avenue	9:00 - 12:30
	08/05/15 Wednesday	RC	Driftwood Shores 88416 1st Avenue	2:00 - 5:30
	09/22/15 Tuesday	F-A	Driftwood Shores 88416 1st Avenue	1:00 - 4:30

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Gladstone	08/10/15 Monday	CB	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	12:30 - 3:30
	08/10/15 Monday	KIP	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	5:00 - 8:30
	09/18/15 Friday	ELC	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	9:00 - 1:00
	09/18/15 Friday	G-L	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	2:00 - 5:30
	09/20/15 Sunday	RC	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	4:00- 7:30
Grants Pass	08/14/15 Friday	WT	Club Northwest 2160 NW Vine	9:00 - 12:00
	08/14/15 Friday	MW	Club Northwest 2160 NW Vine	1:30 - 4:30
	08/20/15 Thursday	LGBT	Club Northwest 2160 NW Vine	5:00 - 8:00
	08/21/15 Friday	RSW	Club Northwest 2160 NW Vine	10:00 - 2:00
	09/15/15 Tuesday	MedS	Club Northwest 2160 NW Vine	12:00 - 3:00
	09/15/15 Tuesday	HH	Club Northwest 2160 NW Vine	4:30 - 7:30
Hermiston	08/08/15 Saturday	TRIPS	Oxford Suites 1050 North First Street	9:00 - 12:00
	08/08/15 Saturday	SMART	Oxford Suites 1050 North First Street	1:30 - 4:30
	09/18/15 Friday	LGBT	Hermiston Conference Center 415 South Highway 395	5:00 - 8:00
	09/19/15 Saturday	RSW	Hermiston Conference Center 415 South Highway 395	10:00 - 2:00

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Hillsboro	09/02/15 Wednesday	CB	Tuality Community Hospital Health Education Center 335 SE 8th Avenue	10:00 - 1:00
	09/29/15 Tuesday	PASS	Tuality Community Hospital Health Education Center 335 SE 8th Avenue	10:00- 1:30
	09/29/15 Tuesday	RC	Tuality Community Hospital Health Education Center 335 SE 8th Avenue	3:00- 6:30
John Day	09/10/15 Thursday	WT	Outpost Pizza 201 W. Main Street	12:00 - 3:00
	09/10/15 Thursday	PDT	Outpost Pizza 201 W. Main Street	4:30 - 6:30
Klamath Falls	08/11/15 Tuesday	PDT	Elmer's Restaurant 3030 South 6th	9:00 - 11:00
	08/11/15 Tuesday	RC	Elmer's Restaurant 3030 South 6th	12:30 - 4:00
	08/26/15 Wednesday	MedS	Olympic Inn 2627 South Sixth Street	12:00 - 3:00
	08/26/15 Wednesday	HH	Olympic Inn 2627 South Sixth Street	4:30 - 7:30
	09/24/15 Thursday	TRIPS	Olympic Inn (former Best Western) 2627 South Sixth Street	10:00 - 1:00
	09/24/15 Thursday	B&G	Olympic Inn (former Best Western) 2627 South Sixth Street	2:30 - 6:00
	09/28/15 Monday	D-A	Olympic Inn (former Best Western) 2627 South Sixth Street	4:00- 8:00

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
La Grande	08/24/15 Monday	F-A	AG Service Center 10507 North McAlister Road, Island City	2:00 - 5:30
	08/26/15 Wednesday	CB	AG Service Center 10507 North McAlister Road, Island City	9:00 - 12:00
	09/17/15 Thursday	SMART	AG Service Center 10507 North McAlister Road, Island City	5:00 - 8:00
	09/18/15 Friday	KIP	AG Service Center 10507 North McAlister Road, Island City	10:00 - 1:30
Lebanon	08/19/15 Wednesday	PDT	Lebanon Community Hospital 525 North Santiam Highway Conf Rm B (use back entrance, near coffee shop)	11:00 - 1:00
	08/19/15 Wednesday	KIP	Lebanon Community Hospital 525 North Santiam Highway Conf Rm B (use back entrance, near coffee shop)	2:30 - 6:00
	09/23/15 Wednesday	ELC	Santiam Place 139 South Main Street (Hwy 20 at Dodge, across from Senior Center)	9:00 - 1:00
	09/23/15 Wednesday	G-L	Santiam Place 139 South Main Street (Hwy 20 at Dodge, across from Senior Center)	2:00 - 5:30
McMinnville	09/28/15 Monday	MedS	Evergreen Aviation Museum 500 NE Capt. Michael King Smith Way Theatre Building—3rd Floor	5:30 - 8:30
Medford	08/29/15 Saturday	CB	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	9:00 - 12:00
	08/29/15 Saturday	DME	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	1:30 - 4:30
	09/11/15 Friday	B&G	Ramada Inn 2250 Biddle Road	9:00 - 12:30
	09/11/15 Friday	RC	Ramada Inn 2250 Biddle Road	2:00 - 5:30
	09/25/15 Friday	PASS	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	2:30 - 6:00
	09/26/15 Saturday	SMART	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	11:00- 2:00

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Newport	08/26/15 Wednesday	LGBT	Embarcadero Hotel 1000 SE Bay Road	9:00 - 12:00
	08/26/15 Wednesday	MW	Embarcadero Hotel 1000 SE Bay Road	1:30 - 4:30
	09/10/15 Thursday	RSW	Embarcadero Hotel 1000 SE Bay Road	9:00 - 1:00
	09/10/15 Thursday	WT	Embarcadero Hotel 1000 SE Bay Road	2:30 - 5:30
	09/19/15 Saturday	KIP	Embarcadero Hotel 1000 SE Bay Road	9:00 - 12:30
	09/19/15 Saturday	SMART	Embarcadero Hotel 1000 SE Bay Road	2:00 - 5:00
	09/22/15 Tuesday	NB	Embarcadero Hotel 1000 SE Bay Road	10:00 - 2:00
	09/24/15 Thursday	BLV	Embarcadero Hotel 1000 SE Bay Road	9:00 - 12:00
Ontario	08/25/15 Tuesday	F-A	Clarion Inn 1249 Tapadera Avenue	1:30 - 5:00
	09/24/15 Thursday	KIP	Clarion Inn 1249 Tapadera Avenue	9:00 - 12:30
	09/24/15 Thursday	PDT	Clarion Inn 1249 Tapadera Avenue	2:00 - 4:00
Oregon City	08/01/15 Saturday	TRIPS	Providence Willamette Falls Community Center (Room D) 519 15th Street (at Washington)	9:00 - 12:00
	08/01/15 Saturday	SMART	Providence Willamette Falls Community Center (Room D) 519 15th Street (at Washington)	1:30 - 4:30
	08/18/15 Tuesday	MedS	Providence Willamette Falls Community Center (Room D) 519 15th Street (at Washington)	1:00 - 4:00
Pendleton	08/20/15 Thursday	ELC	Red Lion 304 SE Nye Avenue	11:30 - 3:30
	08/20/15 Thursday	G-L	Red Lion 304 SE Nye Avenue	5:00 - 8:30

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Portland	08/02/15 Sunday	WT	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)	2:00 - 5:00
	08/04/15 Tuesday	D-A	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 1:00
	08/14/15 Friday	HH Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	1:00 - 4:00
	08/17/15 Monday	MW Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	2:00 - 5:00
	08/18/15 Tuesday	MW Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:00
	08/22/15 Saturday	DME	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)	10:00 - 1:00
	08/25/15 Tuesday	MW Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:00
	08/27/15 Thursday	MW Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:00
	08/29/15 Saturday	PASS	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 12:30
	08/29/15 Saturday	MW	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	2:00 - 5:00
	08/31/15 Monday	B&G	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	8:30 - 12:00
	08/31/15 Monday	SMART	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	1:30 - 4:30

***Portland classes continued on Page 17.**

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Portland (continued)	09/08/15 Tuesday	KIP	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)	9:00 - 12:30
	09/08/15 Tuesday	WT	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)	2:00 - 5:00
	09/10/15 Thursday	HH	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate)	1:00 - 4:00
	09/11/15 Friday	TRIPS	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 12:00
	09/11/15 Friday	PDT	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	1:30 - 3:30
	09/14/15 Monday	MedS Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	9:30 - 12:30
	09/14/15 Monday	KIP Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	2:00 - 5:30
	09/15/15 Tuesday	KIP Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:30

***Portland classes continued on Page 18.**

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Portland (continued)	09/16/15 Wednesday	MedS	SMILE Station (Sellwood Moreland Improvement League) 8210 SE 13th Avenue (at Tenino)	10:00 - 1:00
	09/20/15 Sunday	DBN	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9:00 - 12:30
	09/20/15 Sunday	DBN	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	2:00 - 5:30
	09/22/15 Tuesday	KIP Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:30
	09/23/15 Wednesday	KIP Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5:00 - 8:30
	09/28/15 Monday	RC	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	4:00 - 7:30
Prineville	09/09/15 Wednesday	LGBT	Stafford Inn 1773 NE 3rd Street (Hwy 26)	9:00 - 12:00
	09/09/15 Wednesday	TRIPS	Stafford Inn 1773 NE 3rd Street (Hwy 26)	1:30 - 4:30
Redmond	08/12/15 Wednesday	KIP	Super 8 Highway 97 3629 SW 21st Place	2:00 - 5:30
	08/13/15 Thursday	CB	Super 8 Highway 97 3629 SW 21st Place	12:00 - 3:00
	09/17/15 Thursday	RSW	Super 8 Highway 97 3629 SW 21st Place	9:00 - 1:00
	09/17/15 Thursday	PDT	Super 8 Highway 97 3629 SW 21st Place	2:30 - 4:30

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Roseburg	08/17/15 Monday	NB	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	10:00 - 2:00
	08/18/15 Tuesday	EC	Southern Oregon Region Brokerage 2930 NE Stephens Street	9:00 - 1:00
	08/27/15 Thursday	KIP	Sleep Inn 2855 NW Edenbower Boulevard (Exit 127 off of I-5)	9:00 - 12:30
	08/27/15 Thursday	CB	Sleep Inn 2855 NW Edenbower Boulevard (Exit 127 off of I-5)	2:00 - 5:00
	09/08/15 Tuesday	DME	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	9:00 - 12:00
	09/08/15 Tuesday	TRIPS	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	1:30 - 4:30
	09/29/15 Tuesday	RSW	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	12:00 - 4:00
	09/29/15 Tuesday	WT	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	5:30 - 8:30
Salem	08/11/15 Tuesday	ELC	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	11:30 - 3:30
	08/11/15 Tuesday	G-L	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	5:00 - 8:30
	08/15/15 Saturday	MedS	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	4:00 - 7:00
	08/19/15 Wednesday	MW Class in Russian	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) Класс на русском языке	2:00 - 5:00
	08/19/15 Wednesday	RSW	Red Lion 3301 Market Street NE	9:00 - 1:00
	08/19/15 Wednesday	WT	Red Lion 3301 Market Street NE	2:30 - 5:30

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Salem (continued)	08/23/15 Sunday	DBN	Red Lion 3301 Market Street NE	9:30 - 1:00
	09/12/15 Saturday	KIP	Doubletree 1590 Weston Court NE (at I-5 and Market St)	9:00 - 12:30
	09/12/15 Saturday	SMART	Doubletree 1590 Weston Court NE (at I-5 and Market St)	2:00 - 5:00
	09/16/15 Wednesday	KIP Class in Russian Класс на русском языке	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	2:00 - 5:30
	09/28/15 Monday	MW	Doubletree 1590 Weston Court NE (at I-5 and Market St)	12:00 - 3:00
	09/28/15 Monday	CB	Doubletree 1590 Weston Court NE (at I-5 and Market St)	4:30 - 7:30
Sandy	08/28/15 Friday	HH	Sandy Senior Center 38348 Pioneer Boulevard	10:00 - 1:00
Seaside	08/04/15 Tuesday	MedS	Rivertide Suites 102 North Holladay (at 1st Street, across from Convention Center)	10:00 - 1:00
St. Helens	08/05/15 Wednesday	RSW	Village Inn 535 South Columbia River Highway	12:00 - 4:00
	08/05/15 Wednesday	WT	Village Inn 535 South Columbia River Highway	5:30 - 8:30
	09/02/15 Wednesday	B&G	Village Inn 535 South Columbia River Highway	12:30 - 4:00
	09/02/15 Wednesday	LGBT	Village Inn 535 South Columbia River Highway	5:30 - 8:30
The Dalles	08/19/15 Wednesday	ELC	Cousins Country Inn 2114 West 6th Street	1:00 - 5:00
	08/21/15 Friday	G-L	Cousins Country Inn 2114 West 6th Street	1:00 - 4:30
	09/04/15 Friday	HH	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	2:00 - 5:00
	09/25/15 Friday	TRIPS	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	12:00 - 3:00
	09/25/15 Friday	WT	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	4:00 - 7:00

Refer to Page 7 for Codes

We hope to see you at one or more of the classes offered in August and September 2015!

City	Date	Class	Location	Time
Tigard	08/14/15 Friday	ELC	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	9:00 - 1:00
	08/14/15 Friday	G-L	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	2:30 - 6:00
	08/25/15 Tuesday	HH	Embassy Suites Washington Square 9000 SW Washington Square Road	2:00 - 5:00
	09/14/15 Monday	DME	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	8:00 - 11:00
	09/14/15 Monday	LGBT	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	12:30 - 3:30
	09/22/15 Tuesday	RSW	Embassy Suites Washington Square 9000 SW Washington Square Road	12:00 - 4:00
	09/22/15 Tuesday	SMART	Embassy Suites Washington Square 9000 SW Washington Square Road	5:30 - 8:30
Troutdale	08/13/15 Thursday	RSW	Holiday Inn 477 NW Phoenix Drive	12:00 - 4:00
	08/13/15 Thursday	LGBT	Holiday Inn 477 NW Phoenix Drive	5:30 - 8:30
	08/20/15 Thursday	PASS Class in Spanish	Holiday Inn 477 NW Phoenix Drive Esta clase en Español	12:00 - 3:30
	08/20/15 Thursday	TRIPS Class in Spanish	Holiday Inn 477 NW Phoenix Drive Esta clase en Español	5:00 - 8:00

Refer to Page 7 for Codes

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 or call 1-888-576-7414.

Trainings At-a-Glance

August 2015

Refer to Page 7 for Codes

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 TRIPS 9-12 Oregon City SMART 1:30-4:30 Oregon City
2 WT 2-5 Portland	3	4 WT 10-1 Bend SMART 2:30-5:30 Bend D-A 9-1 Ptld MedS 10-1 Seaside	5 WT 5-8 Eug/Spfld B&G 9-12:30 Florence RC 2-5:30 Florence RSW 12-4 St.Helens WT 5-8 St.Helens	6 PDT 9-11 Coos Bay RC 12:30-4 Coos Bay RSW 10-2 Eugene	7 HH 12-3 Corvallis CB 9-12 Enterprise PDT 1:30-3:30 Enterprise	8 TRIPS 9-12 Hermiston SMART 1:30-4:30 Hermiston
9 DBN 9:30-1 Coos Bay	10 CB 12:30-3:30 Gladstone KIP 5-8:30 Gladstone	11 F-A 2-5:30 Bvtn PDT 9-11 K Falls RC 12:30-4 Klamath Falls ELC 11:30-3:30 Salem GL 5-8:30 Salem	12 KIP 2-5:30 Redmond	13 PASS 9-12:30 Albany WT 2-5 Albany RSW 12-4 Troutdale LGBT 5:30-8:30 Troutdale CB 12-3 Redmond	14 LGBT 10-1 Cottage Grove B&G 2:30-6 Cottage Grove WT 9-12 GPass MW 1:30-4:30 Grants Pass ELC 9-1 Tigard G-L 2:30-6 Tigrd HH-Russian 1-4 Portland	15 MedS 4-7 Salem
16	17 HH 12-3 Astoria MW-Russian 2-5 Portland NB 10-2 Roseburg	18 MedS 1-4 Oregon City MW-Russian 5-8 Portland EC 9-1 Roseburg	19 B&G 1-4:30 Bvtn PDT 6-8 Beaverton PDT 9-11 Eugene RC 12:30-4 Eugene PDT 11-1 Lebanon KIP 2:30-6 Lebanon RSW 9-1 Salem WT 2:30-5:30 Salem MW-Russian 2-5 Salem ELC 1-5 The Dalles	20 LGBT 5-8 GPass PASS-Spanish 12-3:30 Troutdale TRIPS-Spanish 5-8 Troutdale ELC 11:30-3:30 Pendleton G-L 5-8:30 Pendleton	21 RSW 10-2 Grants Pass G-L 1-4:30 The Dalles	22 DME 10-1 Portland
23 DBN 9:30-1 Salem	24 DBN 9:30-1 Eugene/Springfield F-A 2-5:30 La Grande	25 F-A 1:30-5 Ontario MW-Russian 5-8 Portland HH 2-5 Tigard	26 D-A 12-4 Eugene/Springfield MedS 12-3 K Falls HH 4:30-7:30 K Falls CB 9-12 La Grande LGBT 9-12 Newport MW 1:30-4:30 Newport	27 MW 8:30-11:30 Eugene/Springfield SMART 1-4 Eugene/Springfield MW-Russian 5-8 Portland KIP 9-12:30 Rsbg CB 2-5 Roseburg	28 LGBT 9-12 Astoria TRIPS 1:30-4:30 Astoria MW 9-12 Corvallis B&G 1:30-5 Corvallis HH 10-1 Sandy	29 MedS 12-3 Bend HH 4:30-7:30 Bend CB 9-12 Medford DME 1:30-4:30 Medford PASS 9-12:30 Portland MW 2-5 Portland
30	31 B&G 8:30-12 Portland SMART 1:30-4:30 Portland					

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



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

Here is your Worker Training News!!