



676 Church Street  
NE

# September/October 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](http://www.or-hcc.org) and follow these steps:

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

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

**3.** Call 1.877.867.0077 Option #2

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

## Adult Foster Care & Guests

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

## 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

We are registering for a September 24 and 25 course in Sherwood. To register, follow information below.

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.

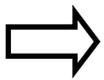
## Training Completion & Stipends for Attending Classes

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.***



***ADULT FOSTER CARE (AFC) AND PRIVATE PAY PROVIDERS  
DO NOT RECEIVE STIPEND PAY FOR ATTENDING CLASSES.***



***PLEASE REFER TO LIST OF CLASS DESCRIPTIONS  
FOR 'AFC CEU' APPROVED CLASSES.***

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

For help with the Registry, send an email to [Registry.OHCC@state.or.us](mailto:Registry.OHCC@state.or.us)  
or call 877.867.0077, Option #1.

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

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

- ◆ Complete four (4) training classes a year. If you are new, you have one year from the date you receive your provider number to complete these.
- ◆ At least once every two years, you must complete one of the HCC Safety trainings – PASS, PDT, TRIPS, or COMPASS. The other 7 classes in those two years can be any class approved for your group, except for MoneyWise. (COMPASS counts as two classes).

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

Karen Coyle, Roseburg	Barbara Rudzik, Lebanon
Cheryl Graham, Springfield	Jeneane Schulz, Hillsboro
Margaret Leonard, Portland	Kevin Todd, Eugene
Noralee Mathews, Portland	Marshall Wattman-Turner, West Linn
Cathleen Park, Portland	



## Community Health Worker Certification Training Coming this Fall to Clackamas County

Attention! We are currently scheduling our fall 2015 Community Health Worker certification training. Our tentative schedule is Mondays and Tuesdays beginning October 5 - November 10. This is an 80-hour course over 12 days from 9:00 a.m. – 4:30 p.m.

We are announcing our tentative plan now to allow time for re-arranging work schedules, if necessary. If your employer needs assistance finding a back-up provider, contact us about STEPS at 1.877.867.0077, Option 4.

**Important:**

- ◆ Stipends (payment) are not available for attending certification training.
- ◆ We provide, breakfast, lunch, and afternoon snacks.
- ◆ Attending all classes is required for certification.
- ◆ There is **no** cost for training. Certification from other organizations can cost up to \$5,000.
- ◆ Homecare workers with **Professional Development Recognition** are eligible to submit an application to apply for training. Download an application here <http://www.oregon.gov/dhs/spd/Pages/adv/hcc/community-health-workers.aspx>

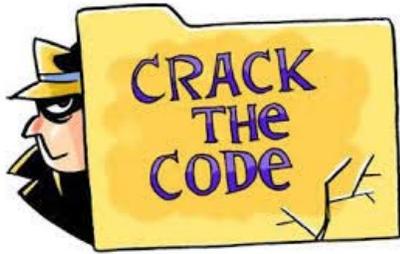
If you have any questions, please feel free to contact us at 1.877.880.8071, Option 1 or email us at [OHCC.CHW@dhsosha.state.or.us](mailto:OHCC.CHW@dhsosha.state.or.us)

## Class Descriptions

Class	Description	Class Length	Worker Stipend Available
Bathing & Grooming (B&G) <i>*AFC CEUs</i>	Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques. A video demonstrating hands-on care is shown.	3 ½ hrs	HCW ICP PSW
Blindness & Low Vision (BLV) <i>*AFC CEUs</i>	An overview of eye diseases and vision loss; techniques for working with someone sight-impaired; being a sighted guide; helping someone to live independently; resources and adaptive equipment for use in the home.	3 hrs	HCW ICP PSW
Challenging Behaviors (CB) <i>*AFC CEUs</i>	Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors, problem solving, and communication ideas.	3 hrs	HCW ICP
Dementia & Alzheimer's (D-A) <i>*AFC CEUs</i>	Joyce Beedle, RN, BSN, is a nationally-known expert on 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
Diabetes By the Numbers (DBN) <i>*AFC CEUs</i>	A class on the basics of Diabetes. What is it? Are you at risk? The class will cover: carbohydrate identification; label reading and portion control; preventing complications; glucose testing; and understanding the numbers.	3 ½ hrs	HCW ICP PSW
Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Adults (LGBT) <i>*AFC CEUs</i>	Learn terminology & definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive.	3 hrs	HCW ICP PSW
Durable Medical Equipment (DME) <i>*AFC CEUs</i>	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lift, and other medical equipment. Tips for choosing, fitting & using devices.	3 hrs	HCW ICP PSW
End of Life Care (ELC) <i>*AFC CEUs</i>	An overview of end of life care, including: the dying process; pain and symptom considerations; advanced planning; & spiritual, emotional, and social concerns.	4 hrs	HCW ICP PSW
Everyone Communicates (EC)	Learn effective communication partner strategies that make a positive impact on the people you support with 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) <i>*AFC CEUs</i>	Understanding the process of grief, the myths and realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself.	3 ½ hrs	HCW ICP PSW
Heart Healthy (HH) <i>*AFC CEUs</i>	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	HCW ICP PSW
Helping Caregivers Fight Fraud & Abuse (F-A) <i>*AFC CEUs</i>	Recognizing & reporting abuse & neglect of older and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.	3 ½ hrs	HCW ICP PSW

## Class Descriptions

Class	Description	Class Length	Worker Stipend
Keeping it Professional (KIP)	The role of the HCW in setting professional boundaries and working with the task list, when and how to keep things confidential and recordkeeping tips.	3 ½ hrs	HCW ICP PSW
Medication Safety (MedS)	Assisting adults who manage their own medication, including: types and effects of medications; assisting with documentation, storage; recognizing risks and warning signs; and the role of the worker.	3 hrs	HCW ICP PSW
MoneyWise (MW)	Setting financial goals, budgeting, and resources for managing your money. (This class is for personal use, NOT for helping employers with finances)	3 hrs	HCW ICP PSW
Nutrition Basics (NB) <i>*AFC CEUs</i>	Basics of nutrition, nutrient categories, meal timing, meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns.	4 hrs	HCW ICP PSW
Protect Against Sprains and Strains (PASS) <i>*AFC CEUs</i>	Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment.	3 ½ hrs	HCW ICP PSW
Preventing Disease Transmission (PDT) <i>*AFC CEUs</i>	Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases.	2 hrs	HCW ICP PSW
Ready, Set, Work (RSW)	Create a professional marketing approach to finding work in home care; how to use the Registry & Referral System; and what you should do before starting a job. <b>NOTE: Workers do not need to have worked to qualify for training pay for this class.</b>	4 hrs	HCW ICP PSW
Respiratory Care: Oxygen to Ventilators (RC) <i>*AFC CEUs</i>	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW ICP PSW
Substance Abuse Awareness (SAA)	Review the OHCC Drug-Free Workplace policy for homecare workers, learn the impact of drug and alcohol abuse, the role of the HCW, and resources for help.	3 hrs	HCW ICP
Stress Management and Relaxation Techniques (SMART) <i>*AFC CEUs</i>	Understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	HCW ICP PSW
Taking Responsibility in Personal Safety (TRIPS)	Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips.	3 hrs	HCW ICP PSW
Working Together (WT)	Assertive communication and problem solving techniques for employers & workers; clarifying expectations; using person-directed values and language.	3 hrs	HCW ICP



### **Classes**

B&G: Bathing & Grooming  
BLV: Blindness & Low Vision  
CB: Challenging Behaviors  
COMPASS: Communities of Practice & Safety Support  
D-A: Dementia & Alzheimer's  
DBN: Diabetes By the Numbers  
DME: Durable Medical Equipment  
EC: Everyone Communicates!  
ELC: End of Life Care  
F-A: Helping Caregivers Fight Fraud & Abuse  
G-L: Grief and Loss  
HH: Heart Healthy  
KIP: Keeping it Professional  
LGBT: Diversity Awareness—Challenges Facing Lesbian, Gay, Bisexual, Transgender  
Adults  
MedS: Medication Safety  
MW: MoneyWise  
NB: Nutrition Basics  
OIS-G: Oregon Intervention System-General Training  
PASS: Protect Against Sprains and Strains  
PDT: Preventing Disease Transmission  
RSW: Ready, Set, Work  
RC: Respiratory Care: Oxygen to Ventilators  
SAA: Substance Abuse Awareness (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  
ICP: Independent Choices Program  
OHCC: Oregon Home Care Commission  
PDR: Professional Development Recognition  
P or PSW: Personal Support Worker

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

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Albany</b>	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
	10/23/15 Friday	SMART	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	10:00 - 1:00
	10/7/2015 Wednesday	B&G	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	9:00 - 12:30
	10/7/2015 Wednesday	RC	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	2:00 - 5:30
<b>Beaverton</b>	9/15/15 Tuesday	EC	SDRI, Inc. 12770 SW First Street	10:00 - 2:00
	10/29/15 Thursday	MedS	Hilton Garden Inn 15520 NW Gateway Court(off Cornell behind Sweet Tomatoes - NW 158th to Waterhouse to Gateway)	12:00 - 3:00
<b>Bend</b>	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 <b>CLASS CANCELLED</b>	4:00 - 8:00
	10/24/15 Saturday	DBN	Doubletree 300 NW Franklin	10:00 - 1:30
	10/27/15 Tuesday	KIP	Doubletree 300 NW Franklin	2:00 - 5:30
	10/28/15 Wednesday	CB	Doubletree 300 NW Franklin	12:00 - 3:00

**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 September and October 2015!

City	Date Day of Week	Class	Location	Time
<b>Clackamas</b>	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
	10/02/15 Friday	PASS	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	9:00 - 12:30
	10/02/15 Friday	PDT	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	2:00 - 4:00
	10/08/15 Thursday	HH	New Hope Church 11731 SE Stevens (N of Sunnyside road, enter from rear parking lot facing freeway)	3:00 - 6:00
<b>Coos Bay</b>	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
	10/03/15 Saturday	SMART	Red Lion 1313 N Bayshore	9:00 - 12:00
	10/03/15 Saturday	MW	Red Lion 1313 N Bayshore	1:30 - 4:30
	10/13/15 Tuesday	RSW	Red Lion 1313 N Bayshore	9:00 - 1:00
	10/13/15 Tuesday	CB	Red Lion 1313 N Bayshore	2:30 - 5:30

**Refer to Page 7 for Codes**

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

City	Date Day of Week	Class	Location	Time
<b>Corvallis</b>	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
	10/10/15 Saturday	KIP	Comfort Suites 1730 NW 9th Street	12:00 - 3:30
	10/10/15 Saturday	PASS	Comfort Suites 1730 NW 9th Street	5:00 - 8:30
<b>Cottage Grove</b>	10/02/15 Friday	SMART	Village Green Resort 725 Row River Road (at Exit 174)	8:00 - 11:00
	10/02/15 Friday	MW	Village Green Resort 725 Row River Road (at Exit 174)	12:30 - 3:30
<b>Enterprise</b>	10/15/15 Thursday	ELC	Eagles View Inn (former Best Western) 1200 Highland Avenue	9:00 - 1:00
	10/15/15 Thursday	G-L	Eagles View Inn (former Best Western) 1200 Highland Avenue	2:30 - 6:00

### Fall 2015 Enhanced Personal Support Worker Certificate Course

It's time! The *Readiness Assessment* required for the *Enhanced Personal Support Worker Certificate* will be open **September 1, 2015**. The assessment will close at midnight **October 5, 2015**. Those who receive a score of 80% or higher on the *Readiness Assessment* will be invited to apply for the Enhanced Personal Support Worker Certificate Course. If you passed the assessment last year, you are still eligible to apply for this year's course.

To take the assessment online:

- ◆ Create an account at [OHCC.Training.org](http://OHCC.Training.org)
- ◆ Enroll in the *Enhanced PSW Readiness Assessment Course*.
- ◆ Follow the directions to take the assessment. You are allowed to complete the assessment one time. You do not have to complete the assessment in one sitting.

If you are unable to create an account, you may request an electronic copy of the assessment by emailing [Training.OHCC@state.or.us](mailto:Training.OHCC@state.or.us). Ask for the *Enhanced PSW Readiness Assessment*.

Check your schedules! The *Enhanced PSW Courses* will be held Tuesdays between October 13 and November 10. Location to be announced.

Those who have an *Enhanced PSW Certificate* may register for the *Exceptional PSW Certificate Course*. The *Exceptional PSW Certificate Course* will begin November 16, 2015.

Important! The *Readiness Assessment* will **not** be visible or available on the website until **September 1, 2015**.

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

City	Date Day of Week	Class	Location	Time
Eugene/ Springfield	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 (I-5 Exit 195A)	9:00 - 12:30
	09/11/15 Friday	KIP	Hilton Garden Inn 3528 Gateway Street (I-5 Exit 195A)	2:00 - 5:30
	09/19/15 Saturday	TRIPS	Phoenix Inn Suites 850 Franklin Blvd	2:00 - 5:00
	09/25/15 Friday	DME	Holiday Inn - Springfield 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	2:00 - 5:00
	09/26/15 Saturday	PASS	Holiday Inn - Springfield 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	8:30 - 12:00
	09/26/15 Saturday	DME	Holiday Inn - Springfield 919 Kruse Way (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
	10/22/15 Thursday	SMART	Phoenix Inn Suites 850 Franklin Blvd	1:00 - 4:00
	10/22/15 Thursday	CB	Phoenix Inn Suites 850 Franklin Blvd	5:30 - 8:30
	10/27/15 Tuesday	G-L	Holiday Inn - Springfield 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	9:30 - 1:00
	10/27/15 Tuesday	ELC	Holiday Inn - Springfield 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	2:30 - 6:30
	10/29/15 Thursday	LGBT	Phoenix Inn Suites 850 Franklin Blvd	10:00 - 1:00
	10/29/15 Thursday	PDT	Phoenix Inn Suites 850 Franklin Blvd	2:30 - 4:30

**Refer to Page 7 for Codes**

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

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Florence</b>	09/22/15 Tuesday	F-A	Driftwood Shores 88416 1st Avenue	1:00 - 4:30
	10/08/15 Thursday	TRIPS	Driftwood Shores 88416 1st Avenue	9:00 - 12:00
	10/08/15 Thursday	PDT	Driftwood Shores 88416 1st Avenue	1:30 - 3:30
<b>Gladstone</b>	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 (Gladstone) 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	4:00- 7:30
	10/17/15 Saturday	WT	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	9:00 - 12:00
	10/17/15 Saturday	LGBT	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	1:30 - 4:30
	10/21/15 Wednesday	DME	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	5:30 - 8:30
<b>Grants Pass</b>	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
	10/12/15 Monday	D-A	The Lodge Meeting Space 900 SE 8th Street	2:00 - 6:00
	10/14/15 Wednesday	KIP	The Lodge Meeting Space 900 SE 8th Street	1:00 - 4:30
	10/14/15 Wednesday	CB	The Lodge Meeting Space 900 SE 8th Street	6:00 - 9:00

**Refer to Page 7 for Codes**

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September and October 2015!**

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Hermiston</b>	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
	10/23/15 Friday	MedS	Oxford Suites 1050 North First Street	12:30 - 3:30
	10/23/15 Friday	HH	Oxford Suites 1050 North First Street	5:00 - 8:00
<b>Hillsboro</b>	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
	10/10/15 Saturday	B&G <b>Class in Spanish</b>	Residence Inn 18855 NW Tanasbourne Drive <b>Esta clase en Español</b>	9:00 - 12:30
	10/10/15 Saturday	TRIPS <b>Class in Spanish</b>	Residence Inn 18855 NW Tanasbourne Drive <b>Esta clase en Español</b>	2:00 - 5:00
<b>John Day</b>	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
	10/21/15 Wednesday	B&G	Grant County Regional Airport 72000 Airport Road	9:00 - 12:30
	10/21/15 Wednesday	RC	Grant County Regional Airport 72000 Airport Road	2:00 - 5:30

**Refer to Page 7 for Codes**

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

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Klamath Falls</b>	09/24/15 Thursday	TRIPS	Olympic Inn 2627 South Sixth Street	10:00 - 1:00
	09/24/15 Thursday	B&G	Olympic Inn 2627 South Sixth Street	2:30 - 6:00
	09/28/15 Monday	D-A	Olympic Inn 2627 South Sixth Street	4:00- 8:00
	10/08/15 Thursday	RSW	Olympic Inn 2627 South Sixth Street	12:00 - 4:00
	10/08/15 Thursday	WT	Olympic Inn 2627 South Sixth Street	5:30 - 8:30
	10/25/15 Sunday	DBN	Olympic Inn 2627 South Sixth Street	9:30 - 1:00
<b>La Grande</b>	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,	10:00 - 1:30
	10/24/15 Saturday	MedS	Blue Mountain Conference Center 404 12th Street	12:30 - 3:30
	10/24/15 Saturday	HH	Blue Mountain Conference Center 404 12th Street	5:00 - 8:00
<b>Lebanon</b>	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
	10/14/15 Wednesday	RSW	Lebanon Community Hospital 525 North Santiam Highway (use back entrance, near coffee shop)	9:00 - 1:00
	10/14/15 Wednesday	WT	Lebanon Community Hospital 525 North Santiam Highway (use back entrance, near coffee shop)	2:30 -5:30

**Refer to Page 7 for Codes**

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

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Lincoln City</b>	10/16/15 Friday	CB	Lincoln City Cultural Center 540 NE Highway 101	9:00 - 12:00
	10/16/15 Friday	DME	Lincoln City Cultural Center 540 NE Highway 101	1:30 - 4:30
<b>McMinnville</b>	09/28/15 Monday	MedS	Evergreen Aviation Museum 500 NE Captain Michael King Smith Way 3rd Floor of Theatre Building	5:30 - 8:30
<b>Medford</b>	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
	10/7/2015 Wednesday	LGBT	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	12:30 - 3:30
	10/7/2015 Wednesday	MW	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	5:00 - 8:00
<b>Newport</b>	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

**Refer to Page 7 for Codes**

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

City	Date Day of Week	Class	Location	Time
<b>Ontario</b>	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
	10/10/15 Saturday	PASS	Clarion Inn 1249 Tapadera Avenue	9:00 - 12:30
	10/10/15 Saturday	DME	Clarion Inn 1249 Tapadera Avenue	2:00 - 5:00
<b>Pendleton</b>	10/08/15 Thursday	DME	Red Lion 304 SE Nye Avenue	9:00 - 12:00
	10/08/15 Thursday	PDT	Red Lion 304 SE Nye Avenue	1:30 - 3:30
<b>Portland</b>	09/08/15 Tuesday	KIP	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	9:00 - 12:30
	09/08/15 Tuesday	WT	SMILE Station (old fire 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 <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	9:30 - 12:30
	09/14/15 Monday	KIP <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	2:00 - 5:30

**\*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 September and October 2015!

City	Date Day of Week	Class	Location	Time
Portland	09/15/15 Tuesday	KIP <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	5:00 - 8:30
	09/16/15 Wednesday	MedS	SMILE Station (old fire 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 <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	5:00 - 8:30
	09/23/15 Wednesday	KIP <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	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
	10/09/15 Friday	G-L	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	9:30 - 1:00
	10/09/15 Friday	ELC	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	2:30 - 6:30
	10/13/2015 Tuesday	B&G	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	1:00 - 4:30
	10/13/2015 Tuesday	PDT <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	5:30 - 7:30
	10/19/15 Monday	PDT <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	2:00 - 4:00

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

## We hope to see you at one or more of the classes offered in

City	Date Day of Week	Class	Location	Time
<b>Portland</b>	10/20/15 Tuesday	TRIPS	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	12:00 - 3:00
	10/20/15 Tuesday	SMART	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	4:30 - 7:30
	10/20/15 Tuesday	PDT <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	5:30 - 7:30
	10/22/15 Thursday	PDT <b>Class in Russian</b>	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) <b>Класс на русском языке</b>	5:30 - 7:30
	10/27/15 Tuesday	RSW	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	12:00 - 4:00
	10/27/15 Tuesday	CB	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	5:30 - 8:30
<b>Prineville</b>	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
	10/22/15 Thursday	PASS	Stafford Inn 1773 NE 3rd Street (Hwy 26)	9:00 - 12:30
	10/22/15 Thursday	RC	Stafford Inn 1773 NE 3rd Street (Hwy 26)	2:00- 5:30
<b>Redmond</b>	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 September and October 2015!

City	Date Day of Week	Class	Location	Time
Roseburg	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
	10/05/15 Monday	MedS	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	12:30 - 3:30
	10/05/15 Monday	HH	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	5:00 - 8:00
	10/13/2015 Tuesday	D-A	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	1:00 - 5:00
	10/28/15 Wednesday	G-L	Sleep Inn 2855 NW Edenbower Boulevard (Exit 127 off of I-5)	9:00 - 12:30
	10/28/15 Wednesday	ELC	Sleep Inn 2855 NW Edenbower Boulevard (Exit 127 off of I-5)	2:00 - 6:00
Salem	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 <b>Class in Russian</b>	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Класс на русском языке</b>	2:00 - 5:30

**\*Salem classes continued on Page 20.**

**Refer to Page 7 for Codes**

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

City	Date Day of Week	Class	Location	Time
<b>Salem (continued)</b>	09/28/15 Monday	MW	Doubletree 1590 Weston Court NE (at I-5 and	12:00 - 3:00
	09/28/15 Monday	CB	Doubletree 1590 Weston Court NE (at I-5 and	4:30 - 7:30
	10/06/15 Tuesday	RC	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	5:00 - 8:30
	10/09/15 Friday	TRIPS	Doubletree 1590 Weston Court NE (at I-5 and	9:00 - 12:00
	10/09/15 Friday	PDT	Doubletree 1590 Weston Court NE (at I-5 and	1:30 - 3:30
	10/12/15 Monday	EC	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	10:00 - 2:00
	10/14/15 Wednesday	PDT <b>Class in Russian</b>	Doubletree 1590 Weston Court NE (at I-5 and Market St) <b>Класс на русском языке</b>	2:00 - 4:00
	10/15/15 Thursday	DME	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	9:30 - 12:30
	10/15/15 Thursday	LGBT	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	2:00 - 5:00
	10/19/15 Monday	NB	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	10:00 - 2:00
	10/24/15 Saturday	KIP <b>Class in Spanish</b>	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco) <b>Esta clase en Español</b>	9:00 - 12:30
	10/24/15 Saturday	TRIPS <b>Class in Spanish</b>	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco) <b>Esta clase en Español</b>	2:00 - 5:00
	10/26/15 Monday	MedS <b>Class in Russian</b>	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) <b>Класс на русском языке</b>	12:00 - 3:00
	10/26/15 Monday	HH	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from	4:00 - 7:00

**Refer to Page 7 for Codes**

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

<b>City</b>	<b>Date Day of Week</b>	<b>Class</b>	<b>Location</b>	<b>Time</b>
<b>Seaside</b>	10/7/2015 Wednesday	RSW	Holiday Inn Express 34 North Holladay Drive	12:00 - 4:00
	10/7/2015 Wednesday	WT	Holiday Inn Express 34 North Holladay Drive	5:30 - 8:30
<b>St. Helens</b>	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
	10/21/15 Wednesday	ELC	Best Western Oak Meadows Inn 585 South Columbia River Highway	9:00 - 1:00
	10/21/15 Wednesday	G-L	Best Western Oak Meadows Inn 585 South Columbia River Highway	2:30 - 6:00
<b>The Dalles</b>	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
<b>Tigard</b>	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
	10/24/15 Saturday	KIP	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	9:00 - 12:30
	10/24/15 Saturday	MW	Doubletree 9575 SW Locust Street (at Greenburg - across from Washington Square)	2:00 - 5:00

**Refer to Page 7 for Codes**

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>  DME 2-5 <i>Springfield</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>Rsbg</i> WT 5:30-8:30 <i>Roseburg</i> PASS 10-1:30 <i>Hillsboro</i> RC 3-6:30 <i>Hillsboro</i> MedS 5-8 <i>Eug/Spfld</i> MedS 5:30-8:30 <i>Corvallis</i>	30			

# Trainings At-a-Glance

## October 2015

Refer to Page 7 for Codes

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 PASS 9-12:30 <i>Clackamas</i> PDT 2-4 <i>Clackamas</i> SMART 8-11 <i>Cottage Grove</i> MW 12:30-3:30 <i>Cottage Grove</i>	3 SMART 9-12 <i>Coos Bay</i> MW 1:30-4:30 <i>Coos Bay</i>
4	5 MedS 12:30-3:30 <i>Roseburg</i> HH 5-8 <i>Roseburg</i>	6 RC 5-8:30 <i>Salem</i>	7 B&G 9-12:30 <i>Albany</i> RC 2-5:30 <i>Albany</i> LGBT 12-3:30 <i>Medford</i> MW 5-8 <i>Medford</i> RSW 12-4 <i>Seaside</i> WT 5:30-8:30 <i>Seaside</i>	8 HH 3-6 <i>Clackamas</i> TRIPS 9-12 <i>Florence</i> PDT 1:30-3:30 <i>Florence</i> RSW 12-4 <i>KFalls</i> WT 5:30-8:30 <i>Klamath Falls</i> DME 9-12 <i>Pendleton</i> PDT 1:30-3:30 <i>Pendleton</i>	9 G-L 9:30-1 <i>Portland</i> ELC 2:30-6:30 <i>Portland</i> TRIPS 9-12 <i>Salem</i> PDT 1:30-3:30 <i>Salem</i>	10 KIP 12-3:30 <i>Corvallis</i> PASS 5-8:30 <i>Corvallis</i> B&G - Spanish 9-12:30 <i>Hillsboro</i> TRIPS - Spanish 2-5 <i>Hillsboro</i> PASS 9-12:30 <i>Ontario</i> DME 2-5 <i>Ontario</i>
11	12 D-A 2-6 <i>Grants Pass</i> EC 10-2 <i>Salem</i>	13 RSW 9-1 <i>Coos Bay</i> CB 2:30-5:30 <i>Coos Bay</i> B&G 1-4:30 <i>Portland</i> PDT-Russian 5:30-7:30 <i>Portland</i> D-A 1-5 <i>Roseburg</i>	14 KIP 1-4:30 <i>Grants Pass</i> CB 6-9 <i>Grants Pass</i> RSW 9-1 <i>Lebanon</i> WT 2:30-5:30 <i>Lebanon</i> PDT-Russian 2-4 <i>Salem</i>	15 ELC 9-1 <i>Enterprise</i> G-L 2:30-6 <i>Enterprise</i> DME 9:30-12:30 <i>Salem</i> LGBT 2-5 <i>Salem</i>	16 CB 9-12 <i>Lincoln City</i> DME 1:30-4:30 <i>Lincoln City</i>	17 WT 9-12 <i>Gladstone</i> LGBT 1:30-4:30 <i>Gladstone</i>
18	19 PDT-Russian 2-4 <i>Portland</i> NB 10-2 <i>Salem</i>	20 TRIPS 12-3 <i>Portland</i> SMART 4:30-7:30 <i>Ptld</i> PDT-Russian 5:30-7:30 <i>Ptld</i>	21 DME 5:30-8:30 <i>Gladstone</i> B&G 9-12:30 <i>John Day</i> RC 2-5:30 <i>John Day</i> ELC 9-1 <i>St. Helens</i> G-L 2:30-6 <i>St. Helens</i>	22 SMART 1-4 <i>Eugene</i> CB 5:30-8:30 <i>Eugene</i> PDT-Russian 5:30-7:30 <i>Portland</i> PASS 9-12:30 <i>Prineville</i> RC 2-5:30 <i>Prineville</i>	23 SMART 10-1 <i>Albany</i> MedS 12:30-3:30 <i>Hermiston</i> HH 5-8 <i>Hermiston</i>	24 MedS 12:30-3:30 <i>La Grande</i> HH 5-8 <i>La Grande</i> DBN 10-1:30 <i>Bend</i> KIP-Spanish 9-12:30 <i>Salem</i> TRIPS-Spanish 2-5 <i>Salem</i> KIP 9-12:30 <i>Tigard</i> MW 2-5 <i>Tigard</i>
25 DBN 9:30-1 <i>Klamath Falls</i>	26 MedS-Russian 12-3 <i>Salem</i> HH 4-7 <i>Salem</i>	27 KIP 2-5:30 <i>Bend</i> G-L 9:30-1 <i>Eug</i> ELC 2:30-6:30 <i>Eugene</i> RSW12-4 <i>Ptld</i> CB 5:30-8:30 <i>Portland</i>	28 CB 12-3 <i>Bend</i> G-L 9-12:30 <i>Roseburg</i> ELC 2-6 <i>Roseburg</i>	29 MedS 12-3 <i>Beaverton</i> LGBT 10-1 <i>Eugene</i> PDT 2:30-4:30 <i>Eugene</i>	30	31



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

Here is your Worker Training News!!



## **Don't Let the FLU Get to YOU!**

Vaccines are NOT Just for Kids! Getting a flu vaccine is one of the best ways home care workers can protect themselves!

Here are some important reasons for home care workers to get a flu vaccine:

**To protect your health, and the health of those around you.** Vaccines reduce your chance of getting sick, and reduce your chance of spreading diseases. Some consumers may have a weakened immune system, making them more vulnerable to disease that vaccines can help prevent.

**Getting vaccinated is easier than you think.** Most private insurance covers the cost of recommended vaccinations, like the flu vaccine. Vaccines are usually available at doctor's offices, pharmacies, community health clinics, and health departments starting in September.

**Vaccines are tested and monitored for safety.** Vaccines are one of the safest ways to protect your health and the health of those around you. Side effects, when they occur, are usually mild and temporary.

Want to learn more? Visit these websites:

<http://www.cdc.gov/flu/protect/keyfacts.htm>

<http://www.mayoclinic.org/diseases-conditions/flu/in-depth/flu-shots/ART-20048000>