



676 Church Street NE
Salem OR 97301

November/December 2015 Training News

**Get the classes you want by self-registering early.
Start looking online around the 20th of each month!**

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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.

Registering for Trainings: Homecare and Personal Support Workers

Many classes fill to capacity and will not be able to accommodate walk-ins.

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

**Oregon Home Care Commission
is on Facebook.**



Like us on
Facebook

To connect with Oregon Home Care Commission, sign up for Facebook today.

Sign Up

Log In

<https://www.facebook.com/OregonHomeCareCommission?ref=hl>

* Refer to page 4 for Adult Foster Care/Guest Registration

CPR/First Aid Training

The Oregon Home Care Commission will pay for the cost of basic CPR/First Aid training for eligible homecare workers (HCWs) and personal support workers (PSWs). To be eligible, workers must have:

- ◆ An active provider number;
- ◆ Authorized and paid provider hours in any one of three full calendar months prior to the request for CPR/First Aid training;
- ◆ Completed a minimum of two Home Care Commission sponsored training classes (excluding MoneyWise);
- ◆ Attended four additional classes if the Home Care Commission previously paid for CPR/First Aid training; and
- ◆ A no-show rate of 30% or below for attending Home Care Commission training classes.



To apply:

- ◆ Get application form at a training class and turn in to the trainer, or
- ◆ Send a written request (provide your name, address, county, phone number and provider number). List the Home Care Commission trainings you have attended using one of the following three options:

Mail: Home Care Commission, ATTN: CPR, 676 Church Street NE, Salem OR 97301

Email: Training.OHCC@state.or.us

Fax to: 503.378.5886

You will be contacted with information about how to sign up for CPR in your area.

Requests are processed twice a month, so please allow a few weeks to hear from us. We do not pay a stipend for your time attending this class.

Training Completion & Stipends for Attending Classes

HCWs and PSWs may be paid a stipend for attending classes (***except for certification trainings***) 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. (ICP workers must provide a pay stub or statement from their employer.)
- ◆ 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
- ◆ 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.
- ◆ These payments are not considered work hours and will not have withholding. Training hours are not used to determine benefit eligibility.
- ◆ ***Please allow a minimum of 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 Provider DO NOT receive stipend pay for attending classes. Please refer to the list of class descriptions on pages 5-6 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 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).

PSW eXPRS Trainings

Coming Soon!

Are you a Personal Support Worker who needs hands-on training with eXPRS?

Visit the Developmental Disabilities Provider and Partner Resources web page (link below) for details!

<http://www.oregon.gov/dhs/DD/providers-partners/Pages/index.aspx>



ATTENTION: IN-HOME HOURLY HOMECARE WORKERS!!!

Changes are coming to the Payment voucher you currently receive!

Recipient name:		Recipient #:	
Provider name:		Provider #:	
Representative name:		Case worker:	
Service period auth:		Service period worked: 9/2/15 - 9/10/15	
Total hours authorized: @ SRATE		Total hours provided: 17:31 OPTIONAL	
Mileage authorized: @ SRATE		Mileage provided: 4 15	
① Date	② Start Time	③ End Time	
9/2	9:00 AM PM	12 AM PM	3
9/2	12:30 AM PM	3:47 AM PM	3:17
9/5	9 AM PM	12:45 AM PM	3:45
9/9	8:30 AM PM	11:59 AM PM	3:29
9/10	12:00 AM PM	4 AM PM	4

What is happening?

These changes will be implemented statewide on **January 1st, 2016**.

Payment Voucher Change

AAA/APD is replacing the current payment voucher for hourly in-home care providers (Medicaid and OPI). This change does **not** apply to individuals that provide only live-in services or are providing services under the Independent Choices Program. (And does **not** apply to Personal Support Workers). HCWs will be required to begin tracking the start time and end time for each shift worked on the new voucher. Training on how to correctly complete a voucher will be made available to you. **Please contact your local branch's Homecare Worker Coordinator with additional questions.**

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.



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 two (2) safety-related trainings such as:
 - ◇ PASS, TRIPS, PDT, or COMPASS (counts as 2 trainings).
- ◆ Attend two (2) electives (which can be any HCC classes except MoneyWise).
- ◆ Have a 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!!

Susan Alley, Culver

Joanna Bowers, Reedsport

Bruce Caldwell, Portland

Vickie Diedrich, Ontario

Debra Pike, Reedsport

Marsha Yarbrough, Milwaukie

Theresa Bingham-Abbott, Ontario

Barbara Brewster, Eugene

Deborah Davis, St. Helens

Barbara Gunther, Junction City

Rebecca Shelton, North Bend

Self-Register or Cancel Online! www.or-hcc.org or call 1.877.867.0077, Option #2

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 dementia. This class will cover: understanding the disease process; hands-on techniques; tips for the details and dilemmas of daily care and establishing realistic expectations; finding ways to Enjoy Being Together. You are invited to bring your caregiving questions and concerns.	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 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) *AFC CEUs	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) *AFC CEUs	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) *AFC CEUs	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. 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) *AFC CEUs	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) *AFC CEUs	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

AFC: 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 November and December 2015!

Albany	11/06/15 Friday	PDT	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	9am-11am
	11/06/15 Friday	TRIPS	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	12:30pm-3:30pm
	12/11/15 Friday	DME	Comfort Suites 100 Opal Court NE (off Knox Butte Road)	2pm-5pm
	12/15/15 Tuesday	ELC	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	9:30am-1:30am
	12/15/15 Tuesday	G-L	Holiday Inn Express 105 Opal Ct NE (off Knox Butte Rd)	3pm-6:30pm
Astoria	12/18/15 Friday	ELC	Holiday Inn Express 204 W Marine Drive	9:30am-1:30pm
	12/18/15 Friday	G-L	Holiday Inn Express 204 W Marine Drive	3pm-6:30pm
Beaverton	11/05/15 Thursday	ELC	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes- NW 158th to Waterhouse to Gateway)	12pm-4pm
	11/16/15 Monday	G-L	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes- NW 158th to Waterhouse to Gateway)	12pm-3:30pm
	12/16/15 Wednesday	PASS	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes- NW 158th to Waterhouse to Gateway)	12pm-3:30pm
	12/16/15 Wednesday	PDT	Hilton Garden Inn 15520 NW Gateway Court (off Cornell behind Sweet Tomatoes- NW 158th to Waterhouse to Gateway)	5pm-7pm

Refer to Page 7 for Codes



Our office is in a transition, and will no longer place reminder calls to participants registered to attend OHCC sponsored classes. This will be effective January 1, 2016.

We will send out email reminders to all participants with an active email address. **BE SURE** your email address is updated in the Registry.



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

Bend	11/17/15 Tuesday	TRIPS	Red Lion Hotel 1415 NE Third Street	5:30pm-8:30pm
	11/18/15 Wednesday	RSW	Red Lion Hotel 1415 NE Third Street	9am-1pm
	12/10/15 Thursday	LGBT	Doubletree 300 NW Franklin	1pm-4pm
	12/10/15 Thursday	PDT	Doubletree 300 NW Franklin	5:30pm-7:30pm
Brookings	11/03/15 Tuesday	B&G	Evergreen Bank 850 Chetco Avenue	10am-1:30pm
	11/03/15 Tuesday	KIP	Evergreen Bank 850 Chetco Avenue	3pm-6:30pm
Coos Bay	11/04/15 Wednesday	LGBT	Red Lion 1313 N Bayshore	3pm-6pm
	11/05/15 Thursday	WT	Red Lion 1313 N Bayshore	12:30pm-3:30pm
	11/19/15 Thursday	MedS	Red Lion 1313 N Bayshore	12pm-3pm
	11/19/15 Thursday	HH	Red Lion 1313 N Bayshore	4:30pm-7:30pm
	12/10/15 Thursday	PASS	Red Lion 1313 N Bayshore	9am-12:30pm
	12/10/15 Thursday	DME	Red Lion 1313 N Bayshore	2pm-5pm
	12/17/15 Thursday	B&G	Red Lion 1313 N Bayshore	12pm-3:30pm
	12/17/15 Thursday	RC	Red Lion 1313 N Bayshore	5pm-8:30pm
Corvallis	11/16/15 Monday	RSW	Holiday Inn Express on the River 781 NE 2nd	9am-1pm
	11/16/15 Monday	CB	Holiday Inn Express on the River 781 NE 2nd	2:30pm-5:30pm
	12/06/15 Sunday	DBN	Comfort Suites 1730 NW 9th Street	9:30am-1pm
Cottage Grove	12/17/15 Thursday	CB	Comfort Inn 845 N. Gateway Blvd.	9am-12pm
	12/17/15 Thursday	PDT	Comfort Inn 845 N. Gateway Blvd.	1:30pm-3:30pm

Please cancel if you cannot attend a class.

Workers with a high percentage of no-shows, due to not 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 November and December 2015!

Eugene Springfield	11/06/15 Friday	RSW	Phoenix Inn Suites 850 Franklin Blvd	10am-2pm
	11/07/15 Saturday	WT	Phoenix Inn Suites 850 Franklin Blvd	10am-1pm
	11/18/15 Wednesday	B&G	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	9am-12:30pm
	11/18/15 Wednesday	RC	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	2pm-5:30pm
	11/20/15 Friday	KIP	Phoenix Inn Suites 850 Franklin Blvd	2:30pm-6pm
	12/07/15 Monday	DBN	Hilton Garden Inn 3528 Gateway Street (I-5 Exit 195A)	9:30am-1pm
	12/09/15 Wednesday	TRIPS	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	9am-12pm
	12/09/15 Wednesday	LGBT	Holiday Inn 919 Kruse Way (I-5 Exit 195A, behind Comfort Inn)	1:30pm-4:30pm
	12/16/15 Wednesday	MedS	Phoenix Inn Suites 850 Franklin Blvd	12pm-3pm
	12/16/15 Wednesday	HH	Phoenix Inn Suites 850 Franklin Blvd	4:30pm-7:30pm
Florence	12/16/15 Wednesday	PDT	Driftwood Shores 88416 1st Avenue	9am-11am
	12/16/15 Wednesday	RC	Driftwood Shores 88416 1st Avenue	12:30pm-4pm
Gladstone	11/01/15 Sunday	CB	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	2pm-5pm
	11/18/15 Wednesday	RSW	Holiday Inn Express (Gladstone) 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	12pm-4pm
	11/18/15 Wednesday	SMART	Holiday Inn Express (Gladstone) 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	5:30pm-8:30pm
	12/08/15 Tuesday	G-L	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	12pm-3:30pm
	12/09/15 Wednesday	EC	Holiday Inn Express 75 82nd Drive (I-205 at Exit 11, shares Safeway lot)	10am-2pm

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

Grants Pass	11/05/15 Thursday	PDT	Club Northwest 2160 NW Vine	1:30pm-3:30pm
	11/05/15 Thursday	TRIPS	Club Northwest 2160 NW Vine	5pm-8pm
	12/09/15 Wednesday	B&G	Club Northwest 2160 NW Vine	9am-12:30pm
	12/09/15 Wednesday	RC	Club Northwest 2160 NW Vine	2pm-5:30pm
Gresham	12/12/15 Saturday	PASS Class in Spanish	Howard Johnson 1572 Northeast Burnside Road Esta clase en Español	9am-12:30pm
	12/12/15 Saturday	TRIPS Class in Spanish	Howard Johnson 1572 Northeast Burnside Road Esta clase en Español	2pm-5pm
Hermiston	11/12/15 Thursday	B&G	Best Western 2255 South Highway 395	9am-12:30pm
	11/12/15 Thursday	CB	Best Western 2255 South Highway 395	2pm-5pm
	12/04/15 Friday	KIP	Oxford Suites 1050 North First Street	8:30am-12pm
	12/04/15 Friday	WT	Oxford Suites 1050 North First Street	1:30pm-4:30pm
Hillsboro	11/03/15 Tuesday	HH	Residence Inn 18855 NW Tanasbourne Drive	12pm-3pm
	12/02/15 Wednesday	PASS	To Be Determined	9am-12:30pm
	12/02/15 Wednesday	DME	To Be Determined	2pm-5pm
John Day	11/11/15 Wednesday	SMART	Grant County Regional Airport 72000 Airport Road	10am-1pm
	11/11/15 Wednesday	RSW	Grant County Regional Airport 72000 Airport Road	2:30pm-6:30pm
	12/02/15 Wednesday	KIP	Outpost Pizza 201 W. Main Street	9am-12:30pm
	12/02/15 Wednesday	TRIPS	Outpost Pizza 201 W. Main Street	2pm-5pm
Klamath Falls	11/9/15 Monday	ELC	Olympic Inn 2627 South Sixth Street	9am-1pm
	11/9/15 Monday	G-L	Olympic Inn 2627 South Sixth Street	2:30pm-6pm
	11/19/15 Thursday	PASS	Olympic Inn 2627 South Sixth Street	12pm-3:30pm
	11/19/15 Thursday	SMART	Olympic Inn 2627 South Sixth Street	5pm-8pm

Refer to Page 7 for Codes

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

La Grande	11/07/15 Saturday	PASS	Blue Mountain Conference Center 404 12th Street	8: 30am-12pm
	11/07/15 Saturday	TRIPS	Blue Mountain Conference Center 404 12th Street	1: 30pm- 4: 30pm
Lebanon	11/24/15 Tuesday	HH	Lebanon Community Hospital 525 North Santiam Highway, Conf Rm 3 (use North entrance, behind ER, to Training Bldg, East door)	11am-2pm
	11/24/15 Tuesday	MedS	Lebanon Community Hospital 525 North Santiam Highway, Conf Rm 3 (use North entrance, behind ER, to Training Bldg, East door)	3pm-6pm
	12/07/15 Monday	B&G	Lebanon Community Hospital 525 North Santiam Highway, Conf Rm 4 (use North entrance, behind ER, to Training Bldg, East door)	12: 30pm-4pm
	12/07/15 Monday	LGBT	Lebanon Community Hospital 525 North Santiam Highway, Conf Rm 4 (use North entrance, behind ER, to Training Bldg, East door)	5: 30pm- 8: 30pm
Medford	11/04/15 Wednesday	F-A	Inn at the Commons (former Red Lion) 200 N. Riverside Avenue	9am-12: 30pm
	11/15/15 Sunday	DBN	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	9: 30am-1pm
	11/30/15 Monday	MedS	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	12pm-3pm
	11/30/15 Monday	HH	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)	4: 30pm- 7: 30pm
	12/05/15 Saturday	CB	Courtyard at the Airport 600 Airport Road	9am-12pm
	12/05/15 Saturday	RSW	Courtyard at the Airport 600 Airport Road	1: 30pm- 5: 30pm
Newport	11/17/15 Tuesday	Meds	Comfort Inn 531 SW Fall Street	12pm-3pm
	11/17/15 Tuesday	HH	Comfort Inn 531 SW Fall Street	4: 30pm- 7: 30pm
Ontario	11/05/15 Thursday	TRIPS	Four Rivers Cultural Center 676 SW 5th Avenue	12pm-3pm
	11/05/15 Thursday	WT	Four Rivers Cultural Center 676 SW 5th Avenue	4: 30pm- 7: 30pm

Refer to Page 7 for Codes

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

Oregon City	12/04/15 Friday	KIP	Providence Willamette Falls Comm. Center 519 15th Street (at Washington, down hill from hospital)	9am-12:30pm
	12/04/15 Friday	MW	Providence Willamette Falls Comm. Center 519 15th Street (at Washington, down hill from hospital)	2pm-5pm
	12/07/15 Monday	ELC	Providence Willamette Falls Comm. Center 519 15th Street (at Washington, down hill from hospital)	12pm-4pm
Portland	11/03/15 Tuesday	ELC	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	9am-1pm
	11/04/15 Wednesday	WT Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg Foster & Holgate) Класс на русском языке	2pm-5pm
	11/05/15 Thursday	PASS	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	10am-1:30pm
	11/05/15 Thursday	RC	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	3pm-6:30pm
	11/05/15 Thursday	WT Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg Foster & Holgate) Класс на русском языке	5pm-8pm
	11/10/15 Tuesday	KIP	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	12:30pm-4pm
	11/10/15 Tuesday	LGBT	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	5:30pm-8:30pm
	11/11/15 Wednesday	MedS	SEIU 6401 SE Foster Road (3-story red brick bldg. Foster & Holgate)	10am-1pm

Fall Safety



Six out of every 10 falls happen in the home, where we spend much of our time and tend to move around without thinking about our safety. Many falls could be prevented by making simple changes. Here are a few:

- ◆ Remove or avoid safety hazards.
- ◆ Improve lighting.
- ◆ Install handrails and grab bars.
- ◆ Move items to make them easier to reach

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

Portland	11/12/15 Thursday	WT Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5pm-8pm
	11/13/15 Friday	WT Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	2pm-5pm
	11/14/15 Saturday	MW	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	9am-12pm
	11/14/15 Saturday	PDT	Ramada Inn Airport 6221 NE 82nd (take NE 80th off Columbia to Holman)	1:30pm-3:30pm
	11/17/15 Tuesday	G-L	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	9am-12:30pm
	11/20/15 Friday	DME	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	8:30am-11:30am
	11/20/15 Friday	DME	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	1pm-4pm
	12/01/15 Tuesday	HH	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	9am-12pm
	12/01/15 Tuesday	TRIPS	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	1pm-4pm
	12/01/15 Tuesday	WT	SMILE Station (old fire station) Sellwood Moreland Improvement League 8210 SE 13th Avenue (at Tenino)	5:30pm-8:30pm
	12/03/15 Thursday	B&G Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	5pm-8:30pm
	12/04/15 Friday	HH Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	2pm-5pm
	12/07/15 Monday	B&G Class in Russian	SEIU 6401 SE Foster Road (3-story red brick bldg at Foster & Holgate) Класс на русском языке	2pm-5:30pm
	12/10/15 Thursday	BLV	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9am-12pm

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

Portland	12/11/15 Friday	BLV	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9am-12pm
	12/12/15 Saturday	B&G	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	9am-12:30pm
	12/12/15 Saturday	SMART	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	2pm-5pm
	12/17/15 Thursday	RSW	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	12pm-4pm
	12/17/15 Thursday	CB	Ambridge Event Center 1333 NE Martin Luther King Boulevard (parking lot at NE 3rd and Clackamas)	5:30pm-8:30pm
Redmond	11/12/15 Thursday	SMART	Super 8 Highway 97 3629 SW 21st Place	10am-1pm
	11/12/15 Thursday	WT	Super 8 Highway 97 3629 SW 21st Place	2:30pm-5:30pm
Roseburg	11/07/15 Saturday	PDT	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	9am-11am
	11/07/15 Saturday	SMART	Holiday Inn 375 Harvard Blvd (at Exit 124, use outside door to room)	12:30pm-3:30pm
	11/14/15 Saturday	DBN	Sleep Inn 2855 NW Edenbower Boulevard (Exit 127 off of I-5)	11am-2:30pm
	11/17/15 Tuesday	RC	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	4pm-7:30pm
	12/09/15 Wednesday	B&G	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	2:30pm-6pm
	12/10/15 Thursday	LGBT	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	12pm-3pm
	12/15/15 Tuesday	PASS	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	12pm-3:30pm
	12/15/15 Tuesday	SAA	Windmill Inn 1450 Mulholland (off Garden Valley Blvd)	5pm-8pm

Refer to Page 7 for Codes

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

Salem	11/05/15 Thursday	PASS	Doubletree 1590 Weston Court NE (at I-5 and Market St)	9am-12:30pm
	11/05/15 Thursday	B&G	Doubletree 1590 Weston Court NE (at I-5 and Market St)	2pm-5:30pm
	11/11/15 Wednesday	ELC	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	9:30am-1:30am
	11/11/15 Wednesday	G-L	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	3pm-6:30pm
	11/18/15 Wednesday	WT Class in Russian	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) Класс на русском языке	2pm-5pm
	11/24/15 Tuesday	RSW	Doubletree 1590 Weston Court NE (at I-5 and Market St)	12pm-4pm
	11/24/15 Tuesday	WT	Doubletree 1590 Weston Court NE (at I-5 and Market St)	5:30pm-8:30pm
	12/02/15 Wednesday	B&G Class in Russian	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) Класс на русском языке	2pm-5:30pm
	12/09/15 Wednesday	MedS	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer)	11am-2pm
	12/09/15 Wednesday	HH Class in Russian	Day's Inn Black Bear 1600 Motor Court NE (off Market St, next to Fred Meyer) Класс на русском языке	3pm-6pm
	12/12/15 Saturday	CB	Doubletree 1590 Weston Court NE (at I-5 and Market St)	9am-12pm
	12/12/15 Saturday	SMART	Doubletree 1590 Weston Court NE (at I-5 and Market St)	1:30pm-4:30pm
	12/14/15 Monday	SAA	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	12pm-3pm
	12/14/15 Monday	KIP	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)	4:30pm-8pm
12/16/15 Wednesday	F-A	Doubletree 1590 Weston Court NE (at I-5 and Market St)	2pm-5:30pm	

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

St. Helens	11/04/15 Wednesday	PDT	Best Western Oak Meadows Inn 585 South Columbia River Highway	9am-11am
	11/04/15 Wednesday	RC	Best Western Oak Meadows Inn 585 South Columbia River Highway	12pm-3:30pm
	11/18/15 Wednesday	F-A	Best Western Oak Meadows Inn 585 South Columbia River Highway	2pm-5:30pm
	12/05/15 Saturday	TRIPS	Village Inn 535 South Columbia River Highway	9am-12pm
	12/05/15 Saturday	SMART	Village Inn 535 South Columbia River Highway	1:30pm-4:30pm
The Dalles	11/13/15 Friday	KIP	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	9am-12:30pm
	11/13/15 Friday	CB	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	2pm-5pm
	11/17/15 Tuesday	EC	Fairfield Inn & Suites by Marriott 2014 West 7th Street (Exit 83, behind Cousins Restaurant)	10am-2pm
Tigard	11/23/15 Monday	B&G	Doubletree 9575 SW Locust Street (at Greenburg-across from Washington Square)	11:30am-3pm
	11/23/15 Monday	TRIPS	Doubletree 9575 SW Locust Street (at Greenburg-across from Washington Square)	4:30pm-7:30pm
Tillamook	11/12/15 Thursday	LGBT	Port of Tillamook Bay 4000 Blimp Boulevard, Suite 100	9am-12pm
	11/12/15 Thursday	WT	Port of Tillamook Bay 4000 Blimp Boulevard, Suite 100	1:30pm-4:30pm

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.

Infection Protection!

Cold and flu season is coming. Influenza virus is spread by droplets from coughs and sneezes, and a sneeze can travel at least three feet. Studies have shown that flu viruses can survive on hard surfaces and can infect a person for two to eight hours after being left on items like store countertops, door handles and food court tables. But there are several things people can do to protect themselves while shopping or out in public.



Think before you touch:

- ◆ Wipe shopping cart handles with disinfecting wipes.
- ◆ Be discriminating when picking up merchandise.
- ◆ Use automatic doors or push doors open with your body, not hand.
- ◆ Press elevators buttons with your elbow.
- ◆ Avoid handling “samplers” of lotion or perfume; think before trying food samples.
- ◆ Clean hands after touching cash machines and pens.
- ◆ Consider carrying disinfecting wipes to clean food court tables and other frequently used surfaces.

Wash your hands:

- ◆ Carry hand sanitizer.
- ◆ Wash with soap and water before eating anything.
- ◆ Don't spread germs: Stay home if you're feeling sick.
- ◆ Cough or sneeze into your elbow, not your hand.

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.



Smokers spend an average of **\$1,500 a year** on cigarettes. Quit today and start saving money.

ENROLL ONLINE NOW

Already Enrolled? Log In Now

SMOKEFREE oregon

1 0 4 5 6 4

Lives Helped Counted

Smoking is damaging to your health, but so is secondhand smoke. Exposure to secondhand smoke increases your risk of ear infections, bronchitis, pneumonia, asthma attacks, stroke, lung cancer, and heart disease.

Secondhand smoke includes the smoke that a smoker exhales, as well as the smoke that comes

directly from the burning tobacco product. The dangerous particles in secondhand smoke can linger in the air for hours. The longer and more frequent someone is exposed to secondhand smoke and the thousands of toxins it produces, the more dangerous the exposure becomes.

If you want to improve your health and the health of those around you, there is help available. The Oregon Tobacco QuitLine is a free telephone service that offers you free quitting information, one-on-one telephone counseling, and referrals.

Call these numbers for free from anywhere in Oregon:

- 1-800-QUIT-NOW (1-800-784-8669)
- Español: 1-877-2NO-FUME (1-877-266-3863)
- TTY: 1-877-777-6534

Or register online at: www.quitnow.net/oregon/

The Quit Line is open seven days a week, 5:00 AM to 12:00 AM (Pacific time)

ASSISTING VOTERS WITH DISABILITIES

Under the Help America Vote Act, voters have a right to **private, independent voting**. In Oregon, voting accommodations include:

- ♦ **Large print** ballot and registration form
- ♦ **Direct assistance from Elections staff** to fill out a ballot **at home** or at the Elections office
- ♦ Each Elections office has a **portable tablet and printer** that a voter can use **at home or at the Elections office**. Voters can use the tablet to listen to audio version of the ballot, enlarge the ballot, or touch the screen or plug in a controller to make selections on the ballot.
- ♦ **Signature Stamp Attestation** to prevent fraud for voters who use a stamp or other mark as their signature



If a voter needs assistance, call **866-ORE-VOTE (866-673-8683)** and ask to be connected to the county Elections office.

If you have questions, problems or other voting issues related to a disability, please call Disability Rights Oregon at 800-452-1694.

Website: www.droregon.org

With the passing and signing into law of Senate Bill 622, as of January 1, 2016 all **Homecare and Personal Support Workers** in the State of Oregon will become **mandatory abuse reporters**.

Abuse as defined by ORS 124.050 to 124.095 includes but is not limited to the following:

- Any physical injury to an elderly person, caused by other than accidental means.
- Neglect, abandonment, including desertion.
- Verbal abuse.
- Financial exploitation.
- Sexual abuse.
- Contributing to the delinquency of a minor.
- Threats of harm to a minor.
- Housing a minor in an environment used to manufacture methamphetamines.

**Report suspected abuse by
calling: 1-800-503-SAFE (7233)**





You may have heard the Oregon Home Care Commission is developing a new program called Homecare Choice that enables individuals who pay privately for in-home services to hire providers from the Commission's Registry. Individuals will have a choice of providers, services, and how and when those services are provided.

This is also a great, new opportunity for you! Enrollment will begin this fall. Please take a moment to check out the FAQ's below.

Why should I enroll as a provider in the program?

Through the program, you will receive \$13.75 per hour, have taxes withheld, and have workers' compensation coverage. This isn't always the case if you work for someone privately outside of the program. It's also an opportunity to pick up additional hours.

How do I enroll as a provider in the program?

The first thing you need to do is make sure you have an active homecare or personal support worker provider number. That's why it's important to keep your background check up-to-date.

Next, you will participate in an online Homecare Choice Program orientation and pass a readiness assessment. Not to worry, though. Everything you need to know to pass the readiness assessment is covered in orientation. The orientation will soon be available and as soon as it is, we will let you know. **To get ready, please create an account on the training website: OHCC-Training.org.** Finally, you will sign a Homecare Choice Program Provider Enrollment Agreement (this is different than the one you signed to be a Medicaid provider) and update your information on the Registry about what services you will provide under the program.

What are the differences between this program and Medicaid?

- ◆ Because the Homecare Choice Program is not a Medicaid program, there is more flexibility in the services offered. In addition to personal care and household tasks, providers can assist with pet care, running errands, assisting with hobbies, and going on social outings, just to name a few.
- ◆ Eligibility for the program is not based on how much help someone needs. Participants determine what they need and how many hours of service they receive each month, not a case manager, personal agent, or service coordinator.
- ◆ The program is run by the Commission, not a local Aging and People with Disabilities office, brokerage, or county developmental disability program (CDDP). So, if you have questions about the program, contact the Homecare Choice Program.

How do I get paid?

The program contracts with a fiscal intermediary called Public Partnerships, LLC and they use an online, electronic timesheets to pay providers. You do not get a Medicaid voucher or get paid through Express.

Who do I contact if I have questions?

Please contact our Homecare Choice Specialist by calling **1-844-494-4227** or send an email to: homecare.choice@state.or.us

If you are interested in the program, please complete our online survey by clicking this link: https://www.surveymonkey.com/s/Homecare_Choice

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

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 HH 9a-12p <i>Portland</i> TRIPS 1p-4p <i>Portland</i> WT 5:30p-8:30p <i>Portland</i>	2 PASS 9a-12:30p <i>Hillsboro</i> DME 2p-5p <i>Hillsboro</i> KIP 9a-12:30p <i>John Day</i> TRIPS 2p-5p <i>John Day</i> B&G -Russian 2p-5:30p <i>Salem</i>	3 B&G-Russian 5p-8:30p <i>Portland</i>	4 KIP 8:30a-12p <i>Hermiston</i> WT 1:30p-4:30p <i>Hermiston</i> KIP 9a-12:30p <i>Oregon City</i> MW 2p-5p <i>Oregon City</i> HH-Russian 2p-5p <i>Portland</i>	5 CB 9a-12p <i>Medford</i> RSW 1:30p-5:30p <i>Medford</i> TRIPS 9a-12p <i>St. Helens</i> SMART 1:30p-4:30p <i>St. Helens</i>
6 DBN 9:30a-1p <i>Corvallis</i>	7 DBN 9:30a-1p <i>Eugene</i> B&G 12:30p-4p <i>Lebanon</i> LGBT 5:30p-8:30p <i>Lebanon</i> ELC 9:30a-1p <i>Oregon City</i> B&G-Russian 2p-5:30p <i>Portland</i>	8 G-L 12p-3:30p <i>Oregon City</i>	9 TRIPS 9a-12p <i>Eug</i> LGBT 1:30p-4:30p <i>Eug</i> EC 10a-2p <i>Gladstone</i> B&G 9a-12:30p <i>Grants Pass</i> RC 2p-5:30p <i>Grants Pass</i> B&G 2:30p-6p <i>Rsbj</i> MedS 11a-2p <i>Salem</i> HH-Russian 3p-6p <i>Salem</i>	10 LGBT 1p-4p <i>Bend</i> PDT 5:30p-7:30p <i>Bend</i> PASS 9a-12:30p <i>Coos Bay</i> DME 2p-5p <i>Coos Bay</i> BLV 9a-12p <i>Portland</i> LGBT 12p-3p <i>Roseburg</i>	11 DME 2p-5p <i>Albany</i> BLV 9a-12p <i>Portland</i>	12 PASS-Spanish 9a-12:30p <i>Gresham</i> TRIPS-Spanish 2p-5p <i>Gresham</i> B&G 9a-12:30p <i>Portland</i> SMART 2p-5p <i>Portland</i> CB 9a-12p <i>Salem</i> SMART 1:30p-4:30p <i>Salem</i>
13	14 SAA 12p-3p <i>Salem</i> KIP 4:30p-8p <i>Salem</i>	15 ELC 9:30a-1:30p <i>Albany</i> G-L 3p-6:30p <i>Albany</i> PASS 12p-3:30p <i>Roseburg</i> SAA 5p-8p <i>Roseburg</i>	16 PASS 12p-3:30p <i>Bvtn</i> PDT 5p-7p <i>Bvtn</i> MedS 12p-3p <i>Eug</i> HH 4:30p-7:30p <i>Eugene</i> PDT 9a-11a <i>Florence</i> RC 12:30p-4p <i>Florence</i> F-A 2p-5:30p <i>Salem</i>	17 B&G 12p-3:30p <i>Coos Bay</i> RC 5p-8:30p <i>Coos Bay</i> CB 9a-12p <i>Cottage Grove</i> PDT 1:30p-3:30p <i>Cottage Grove</i> RSW 12p-4p <i>Portland</i> CB 5:30p-8:30p <i>Portland</i>	18 ELC 9:30a-1:30p <i>Astoria</i> G-L 3p-6:30p <i>Astoria</i>	19

PLEASE NOTE: no classes will be held December 19 - December 31



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

Here is your Worker Training News!!