



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

FEBRUARY 2012

HEMOCARE WORKER TRAINING NEWS

REGISTERING FOR TRAINING

**To register, call 1-877-867-0077
Toll free and use Option 2**
If local, call 503-378-3957, option 2

You may also send your registration request to: Training.OHCC@state.or.us.

Many of our classes fill to capacity. Workers and consumer/employers wishing to attend training should call early to register.

These trainings are provided for Homecare Workers (HCW), Personal Support Workers (PSW) and the consumers they work for. They are open at no charge to others on a space-available basis.

If you are not a Homecare Worker, Personal Support Worker or consumer, you will not be able to register until 7 days or less before a class.

Classes with "◇" at the end of the description are approved for Adult Foster Home CEUs.

Please call to 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.

CHECK-IN starts one half-hour before every class.

Union representatives are often available prior to the start of class.

CRIMINAL BACKGROUND CHECKS

The state is starting a new process for doing Homecare Worker criminal background checks on-line.

See page 2 for more information.

REGISTRY & REFERRAL SYSTEM (RRS)

Be sure to update your profile at least every 60 days. The RRS web address is: <https://www.or-hcc.org>.

**To sign up to receive the Training News, or to register for training, call
503-378-3957 #2 or 1-877-867-0077, #2**

CRIMINAL BACKGROUND CHECKS

We are pleased to tell you about the Criminal Records Management System, **CRIMS**, that will be used for criminal history re-checks in the future. **CRIMS** is a secure system with much quicker response time, and you will not need to visit the local office for rechecks. You will complete a form by email and your criminal history re-check will be processed electronically.

How to Prepare for CRIMS

- Log into the RRS, <https://www.or-hcc.org> and make sure your email address is correct. Make note of your recheck due date, on the Personal Information screen and watch for an email one to two months ahead of this date.*
- If you do not have Internet at home, ask friends or family. You may also use computers at:*
 - *Public libraries*
 - *Worksource Oregon (employment) offices*
- If you do not have an email address, you can open a free email account by going to services such as www.Gmail.com or www.Hotmail.com or www.Yahoo.com.*

For more information about CRIMS, visit www.oregon.gov/DHS/CHC/CRIMS.
For assistance with the RRS, email registry.ohcc@state.or.us or call 877-867-0077, Option 1.

CPR TRAINING FOR HOMECARE WORKERS

The Home Care Commission will cover the cost of Adult CPR & First Aid training for actively working Homecare Workers who have completed two Home Care Commission training classes (not including MoneyWise) and do not have a no-show rate of over 30%.

If you are interested, application forms are available at all training classes. Or, you may send a written request to CPR; Home Care Commission; 676 Church St NE; Salem, OR 97301, or send an email to Training.OHCC@state.or.us. Provide your name, address, county, phone number and provider number. List the homecare worker trainings you have attended. You will be contacted in 4–6 weeks with information about how to sign up for training in your area.

The Commission does not reimburse workers for this training. You must get approval prior to signing up or attending a class.

BATHING & GROOMING – 3 ½ hours

Skills in personal care activities of bathing, shaving, skin care & grooming with a focus on using person-centered values and techniques.

A video demonstrating hands-on care is shown. ♦

City	Date/Time	Location
Albany	Wednesday, March 21 1:00 – 4:30	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Eugene / Springfield	Friday, March 30 9:00 – 12:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Klamath Falls	Friday, February 17 9:00 – 12:30	Klamath Falls Community College Building 2 – Room 207 7390 S 6th Street
Ontario	Friday, February 17 1:30 – 5:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Thursday, February 2 5:00 – 8:30	East Portland Community Center 740 SE 106th <i>(south of Washington)</i>
Portland Class in Russian	Tuesday, March 13 5:00 – 8:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Portland Class in Russian	Wednesday, March 21 1:00 – 4:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Redmond	Tuesday, February 28 5:00 – 8:30	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Friday, February 3 10:00 – 1:30	Sleep Inn 2855 NW Edenbower Blvd <i>(at Exit 127)</i>
Salem Class in Russian	Wednesday, March 14 1:00 – 4:30 Класс на русском языке	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market Street)</i>
Seaside	Saturday, February 18 9:00 – 12:30	Best Western Ocean View 414 N Prom <i>(off 4th)</i>
Tigard	Tuesday, March 27 12:30 – 4:00	Phoenix Inn 9575 SW Locust Street <i>(across from Washington Square)</i>

TOBACCO AWARENESS & ACTION PROJECT

Did you make a New Year's resolution to improve your health and stop smoking?

If you want to quit using tobacco, or know someone that wants to quit, 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.

- 1-800-QUIT-NOW (1-800-784-8669)

To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2

BLINDNESS & LOW VISION – 3 hours

An overview of eye diseases and vision loss; techniques for working with someone sight-impaired; being a sighted guide; helping someone to live independently; resources and adaptive equipment for use in the home.

City	Date/Time	Location
Medford	Thursday, February 16 9:00 – 12:00	Rogue Regency Inn 2300 Biddle Road <i>(at Exit 30)</i>
Portland	Thursday, March 8 1:30 – 4:30	Red Lion Convention Center 1021 NE Grand Avenue

CHALLENGING BEHAVIORS – 3 hours

Practical information about cognitive issues and challenging behaviors, the causes, understanding the problems, and communication ideas. ◇

City	Date/Time	Location
Albany	Saturday, February 18 9:00 – 12:00	Comfort Suites 100 Opal Court NE <i>(off Knox Butte Road)</i>
Brookings	Wednesday, March 7 9:00 – 12:00	Best Western Beachfront Inn 16008 Boat Basin Road
Eugene / Springfield	Friday, February 17 2:30 – 5:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Gladstone	Friday, March 23 9:00 – 12:00	Oxford Suites 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Klamath Falls	Wednesday, March 14 9:00 – 12:00	Best Western Olympic Inn 2627 S Sixth Street
Medford	Tuesday, March 13 9:30 – 12:30	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Prineville	Saturday, February 25 9:00 – 12:00	Stafford Inn 1773 NE 3rd Street (Hwy 26)

DEMENTIA & ALZHEIMER'S – 4 hours

Joyce Beedle 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. ◇

City	Date/Time	Location
Corvallis	Thursday, March 15 12:30 – 4:30	Holiday Inn Express on the River 781 NE 2nd

DIABETES BY THE NUMBERS – 3 ½ hours

Learn the basics about diabetes effects and warning signs, food choices and portions, reading labels, planning menus and understanding glucose readings. ◇

City	Date/Time	Location
Astoria	Friday, February 10 12:00 – 3:30	Holiday Inn Express 204 W Marine Drive
Florence	Sunday, March 11 1:00 – 4:30	Florence Events Center 715 Quince Street
Grants Pass	Saturday, March 10 1:00 – 4:30	Club Northwest 2160 NW Vine
Portland	Saturday, February 4 9:00 – 12:30	East Portland Community Center 740 SE 106th (<i>south of Washington</i>)
Portland	Saturday, February 4 1:30 – 5:00	East Portland Community Center 740 SE 106th (<i>south of Washington</i>)
Roseburg	Friday, March 9 1:00 – 4:30	Sleep Inn 2855 NW Edenbower Boulevard (<i>at Exit 127</i>)

DURABLE MEDICAL EQUIPMENT – 3 hours

Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lift, and other medical equipment. Tips for choosing, fitting & using devices. ◇

City	Date/Time	Location
Brookings	Wednesday, March 7 1:30 – 4:30	Best Western Beachfront Inn 16008 Boat Basin Road
Klamath Falls	Wednesday, March 14 1:30 – 4:30	Best Western Olympic Inn 2627 S Sixth Street
Prineville	Saturday, February 25 1:30 – 4:30	Stafford Inn 1773 NE 3rd Street (Hwy 26)
Roseburg	Tuesday, March 6 9:00 – 12:00	Sleep Inn 2855 NW Edenbower Blvd (<i>at Exit 127</i>)
Salem	Thursday, March 29 9:00 – 12:00	Day's Inn Black Bear 1600 Motor Court NE (<i>off Market Street</i>)
St. Helens	Friday, February 10 2:00 – 5:00	Best Western Oak Meadows Inn 585 S Columbia River Highway

PROTECTING YOURSELF FROM DISEASE

Protecting yourself from infectious diseases on the job requires knowing the facts, practicing good hygiene, and taking a few sensible precautions.

Hand washing is one of your best defenses against spreading infection. Always wash your hands with non-abrasive soap and water after removing gloves AND before putting new gloves on. Wash your hands several times a day and use as many gloves as necessary.

To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2

PROFESSIONAL DEVELOPMENT RECOGNITION

You may be eligible to earn a pin or key chain to recognize your commitment to training. Workers with this award are noted on matched lists on the RRS.

To request an application, call us at 1-877-867-0077, option #2. To receive this award, you must complete:

- Core classes: Keeping It Professional, Working Together, and Helping Caregivers Fight Fraud and Abuse
- Two safety training classes (PASS, PDT, or TRIPS)
- Two additional caregiving or skills classes
- Adult CPR and First Aid

Congratulations to these workers who have recently earned this award:

Sherry Faubush, Springfield
 Penney Mullinax, Happy Valley
 Cecelia Talbert, Beaverton

Jason Holle, Coquille
 Jacob Penna, Portland
 Cathryn Elise Thatcher, Eugene

END OF LIFE CARE – 4 hours

An overview of end of life care, including: the dying process; pain and symptom considerations; advanced planning; and spiritual, emotional, and social concerns.

City	Date/Time	Location
Coos Bay	Wednesday, March 28 10:00 – 2:00	Red Lion 1313 N Bayshore
Grants Pass	Monday, March 26 1:30 – 5:30	Club Northwest 2160 NW Vine
Hillsboro	Saturday, February 25 9:00 – 1:00	Holiday Inn Express 5900 NE Ray Circle (<i>near Orenco Station</i>)
Lincoln City	Monday, February 6 9:00 – 1:00	Best Western Landmark Inn 4430 SE Highway 101
Roseburg	Tuesday, March 27 9:00 – 1:00	Sleep Inn 2855 NW Edenbower Boulevard (<i>at Exit 127</i>)

GRIEF AND LOSS – 3 ½ hours

Understanding the process of grief, the myths & realities of grieving and loss, ways to help others, compassion fatigue and caring for yourself. ◇

City	Date/Time	Location
Hillsboro	Tuesday, February 7 5:00 – 8:30	Holiday Inn Express 5900 NE Ray Circle (<i>near Orenco Station</i>)
Lincoln City	Monday, February 6 2:30 – 6:00	Best Western Landmark Inn 4430 SE Highway 101
Roseburg	Tuesday, March 27 2:30 – 6:00	Sleep Inn 2855 NW Edenbower Blvd (<i>at Exit 127</i>)

HELPING CAREGIVERS FIGHT FRAUD & ABUSE – 3 ½ hours

Recognizing & reporting abuse & neglect of older and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.

City	Date/Time	Location
Astoria	Tuesday, March 20 12:30 – 4:00	Holiday Inn Express 204 W Marine Drive
Salem	Thursday, February 16 1:00 – 4:30	Phoenix Inn North 1590 Weston Court NE (I-5 and Market)

HEART HEALTHY – 3 hours

How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, and creating a heart healthy lifestyle. ◇

City	Date/Time	Location
Coos Bay	Friday, March 2 1:00 – 4:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Lebanon	Wednesday, February 8 1:00 – 4:00	Lebanon Community Hospital – Room F 525 N Santiam Highway (use back entrance, near coffee shop)
McMinnville	Tuesday, February 7 1:00 – 4:00	Red Lion Inn 2535 NE Cumulus (off Highway 18)
Medford	Thursday, March 1 5:00 – 8:00	Rogue Regency Inn 2300 Biddle Road (I-5, Exit 30)
Newport	Saturday, March 3 1:00 – 4:00	Embarcadero Hotel 1000 SE Bay Road
Oregon City	Wednesday, March 28 5:00 – 8:00	Providence Willamette Falls Community Center 519 15th Street (at Washington)
Portland Class in Russian	Wednesday, February 8 1:00 – 4:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Portland	Wednesday, February 22 9:00 – 12:00	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)
Portland	Wednesday, February 22 1:30 – 4:30	Holiday Inn Express 2333 NW Vaughn Street (at West end of Fremont Bridge)
Salem Class in Russian	Wednesday, March 21 4:30 – 7:30 Класс на русском языке	Day's Inn Black Bear 1600 Motor Court NE (off Market Street)
Tillamook	Wednesday, March 21 1:00 – 4:00	Northwest Senior & Disability Services 5010 E 3 rd Street

To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2

KEEPING IT PROFESSIONAL – 3 ½ hours

The role of the HCW in setting professional boundaries and working with the task list, when and how to keep things confidential and recordkeeping tips.

City	Date/Time	Location
Gladstone	Tuesday, February 14 9:00 – 12:30	Oxford Suites 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Hillsboro Class in Spanish	Saturday, March 31 9:00 – 12:30 Esta clase en español	Farmhouse Restaurant at Comfort Inn 3500 NE Cornell Road
Lincoln City	Thursday, March 29 12:00 – 3:30	Best Western Landmark Inn 4430 SE Hwy 101
Medford	Tuesday, March 13 2:00 – 5:30	Rogue Regency Inn 2300 Biddle Road <i>(I-5, Exit 30)</i>
Portland	Tuesday, March 13 12:00 – 3:30	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Roseburg	Sunday, February 26 1:00 – 4:30	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>
Woodburn Class in Spanish	Thursday, March 22 5:00 – 8:30 Esta clase en español	Best Western 2887 Newberg Highway

MEDICATION SAFETY – 3 hours

Types and effects of medications; assisting with documentation, storage; recognizing risks and warning signs; the role of the homecare worker.

City	Date/Time	Location
Eugene / Springfield	Tuesday, February 28 12:30 – 3:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Grants Pass	Monday, March 26 9:00 – 12:00	Club Northwest 2160 NW Vine
Lincoln City	Monday, February 27 1:00 – 4:00	Best Western Landmark Inn 4430 SE Highway 101
Portland	Monday, March 19 12:30 – 3:30	Red Lion Convention Center 1021 NE Grand Avenue
Salem Class in Russian	Thursday, February 9 2:00 – 5:00 Класс на русском языке	Red Lion 3301 Market Street NE
Salem	Wednesday, March 21 12:30 – 3:30	Day's Inn Black Bear 1600 Motor Court NE <i>(off Market Street)</i>

MONEYWISE – 3 hours

Setting financial goals, budgeting, and resources for managing your money.
(This class is for homecare workers' personal use, NOT for helping employers with finances)

City	Date/Time	Location
Bend	Saturday, March 24 9:00 – 12:00	Red Lion 1415 NE Third Street
Clackamas	Thursday, March 15 9:00 – 12:00	New Hope Church – Room 151-152 11731 SE Stevens (N of Sunnyside Road, enter from rear parking lot facing freeway)
Eugene / Springfield	Saturday, March 3 9:00 – 12:00	Holiday Inn 919 Kruse Way, Springfield (I-5 exit 195A, behind Comfort Inn)
Portland	Saturday, February 11 1:30 – 4:30	East Portland Community Center 740 SE 106th (south of Washington)
Salem	Tuesday, March 13 5:00 – 8:00	Best Western Mill Creek Inn 3125 Ryan Drive SE (across from Costco)

PROTECT AGAINST SPRAINS AND STRAINS – 3 ½ hours

Basic principles of body mechanics; making changes in work activities to minimize risks and protect yourself and others; review of some assistive equipment. ◇

City	Date/Time	Location
Bend	Friday, March 23 1:00 – 4:30	Red Lion 1415 NE Third Street
Coos Bay	Thursday, March 15 9:00 – 12:30	South Coast Hospice Bereavement Center 1610 Thompson Road
Corvallis	Wednesday, February 22 9:00 – 12:30	Holiday Inn Express on the River 781 NE 2 nd
Eugene / Springfield	Saturday, February 25 1:00 – 4:30	Holiday Inn 919 Kruse Way, Springfield (I-5 exit 195A, behind Comfort Inn)
Gresham	Saturday, March 17 9:00 – 12:30	Sheraton Four Points 1919 NE 181 st (next to Francis Xavier restaurant)
Hillsboro	Friday, February 17 8:00 – 11:30	New Location: Larkspur Landing 3133 NE Shute Road (at corner of Brookwood Parkway)
Newport	Saturday, February 4 9:00 – 12:30	Embarcadero Hotel 1000 SE Bay Road
Roseburg	Thursday, March 29 9:00 – 12:30	Sleep Inn 2855 NW Edenbower Boulevard (at Exit 127)
Salem	Saturday, March 10 9:00 – 12:30	Day's Inn Black Bear 1600 Motor Court NE (off Market Street)
St. Helens	Friday, February 10 9:00 – 12:30	Best Western Oak Meadows Inn 585 S Columbia River Highway

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PREVENTING DISEASE TRANSMISSION – 2 hours

Causes of infectious diseases and routes of transmission; reducing risks; best practices in housekeeping and caregiving to prevent the spread of diseases. ◇

City	Date/Time	Location
Albany	Wednesday, March 21 6:00 – 8:00	Phoenix Inn 3410 Spicer Drive SE (at Exit 233)
Grants Pass	Tuesday, February 7 1:30 – 3:30	Club Northwest 2160 NW Vine
Hillsboro	Friday, February 17 12:30 – 2:30	New Location: Larkspur Landing 3133 NE Shute Road (at corner of Brookwood Parkway)
Klamath Falls	Friday, February 17 2:00 – 4:00	Klamath Falls Community College Building 2 – Room 207 7390 S 6th Street
Lincoln City	Thursday, March 29 5:00 – 7:00	Best Western Landmark Inn 4430 SE Hwy 101
Ontario	Saturday, March 24 2:30 – 4:30	Four Rivers Cultural Center 676 SW 5th Avenue
Portland Class in Russian	Tuesday, February 21 5:00 – 7:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Portland Class in Russian	Wednesday, February 22 2:00 – 4:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Portland	Thursday, March 8 10:00 – 12:00	Red Lion Convention Center 1021 NE Grand Avenue
Salem	Thursday, February 23 1:00 – 3:00	Phoenix Inn North 1590 Weston Court NE (off Market)
Seaside	Saturday, February 18 1:30 – 3:30	Best Western Ocean View 414 N Prom (off 4 th)
Woodburn Class in Russian	Wednesday, February 15 1:00 – 3:00 Класс на русском языке	La Quinta Inn 120 Arney Rd NE

TRAINING COMPLETION & PAYMENT

Active Homecare Workers (HCW) who have authorized and paid state provider hours in any of the 3 months prior to a training, or in the month of the class, will be paid for the training time. Workers receiving full pay for assisting their employers to participate in the training are not paid for the training. Please allow 5-6 weeks to receive payment. If you have not received a check by then, please call us.

If you miss more than 15 minutes of a class it will be considered incomplete and will not appear on your training history in RRS. Your pay will be pro-rated for the time attended. Workers are paid for attending the same class only **once** in 12 months, whether complete or incomplete.

READY * SET * WORK – 4 hours

Create a professional marketing approach to finding work in home care; how to use the Registry & Referral System; and what you should do before starting a job.

NOTE: Homecare Workers do not need to have worked to qualify for training pay.

City	Date/Time	Location
Albany	Saturday, February 18 1:30 – 5:30	Comfort Suites 100 Opal Court NE(off Knox Butte Road)
Coos Bay	Monday, February 6 8:30 – 12:30	Red Lion 1313 N Bayshore
Eugene / Springfield	Thursday, February 2 9:00 – 1:00	Holiday Inn 919 Kruse Way, Springfield (I-5 exit 195A, behind Comfort Inn)
Florence	Friday, March 16 10:00 – 2:00	Florence Events Center 715 Quince Street
Grants Pass	Tuesday, March 20 12:00 – 4:00	Guild Building - The Board Room 1867 Williams Highway
Ontario	Saturday, March 24 9:00 – 1:00	Four Rivers Cultural Center 676 SW 5th Avenue
Pendleton	Friday, February 24 9:00 – 1:00	Red Lion Hotel 304 SE Nye Avenue
Portland	Monday, March 19 5:00 – 9:00	Red Lion Convention Center 1021 NE Grand Avenue
Salem	Tuesday, February 7 9:00 – 1:00	Red Lion 3301 Market Street NE
The Dalles	Thursday, February 16 12:30 – 4:30	New Location: Comfort Inn 51 Lone Pine Drive (at Exit 87)
Tigard	Wednesday, February 29 4:00 – 8:00	Embassy Suites Washington Square 9000 SW Washington Square Road

HELPING IN AN EMERGENCY

As we all know, weather can be unpredictable in Oregon. Please volunteer if you could be available to help during a natural disaster. Consumer-employers may need emergency assistance with evacuation or service if their regular HCWs cannot reach them.

Log into the Registry and Referral System (RRS) at <https://www.or-hcc.org>.

- ◆ Click on *Availability for Work* in the Menu at the left of the screen.
- ◆ Check "Assisting with evacuation and in-home services in the event of a natural disaster?"
- ◆ Click Update

If you need help with this process, call RRS Staff at 877.867.0077, option 1, or email registry.ohcc@state.or.us Thank You!

To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2

S. M. A. R. T. – 3 hours

Stress Management And Relaxation Techniques

Understanding stress and its affects; identifying triggers; fun and practical techniques for coping with stress. ◇

City	Date/Time	Location
Coos Bay	Monday, February 6 2:00 – 5:00	Red Lion 1313 N Bayshore
Eugene / Springfield	Thursday, February 2 2:30 – 5:30	Holiday Inn 919 Kruse Way, Spgfld (<i>I-5 exit 195A</i>)
Gladstone	Tuesday, February 14 2:00 – 5:00	Oxford Suites 75 82nd Drive (<i>I-205 at Exit 11, shares Safeway lot</i>)
Grants Pass	Tuesday, March 20 5:30 – 8:30	Guild Building - The Board Room 1867 Williams Highway
Gresham	Saturday, March 17 2:00 – 5:00	Sheraton Four Points 1919 NE 181 st (<i>next to Francis Xavier</i>)
Hermiston	Thursday, February 23 1:30 – 4:30	Best Western 2255 South Highway 395
Lebanon	Wednesday, March 28 1:30 – 4:30	Lebanon Community Hospital – Room 3-4 525 N Santiam Highway (<i>use back entrance, near coffee shop</i>)
Salem	Saturday, March 10 2:00 – 5:00	Day's Inn Black Bear 1600 Motor Court NE (<i>off Market Street</i>)

SUBSTANCE ABUSE AWARENESS – 3 hours

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.

City	Date/Time	Location
Clackamas	Thursday, March 15 1:30 – 4:30	New Hope Church – Room 151-152 11731 SE Stevens (<i>enter from parking lot facing freeway</i>)
Coos Bay	Thursday, March 15 2:00 – 5:00	South Coast Hospice Bereavement Center 1610 Thompson Road
Grants Pass	Tuesday, February 7 9:00 – 12:00	Club Northwest 2160 NW Vine
Hermiston	Thursday, February 23 9:00 – 12:00	Best Western 2255 South Highway 395
La Grande	Friday, March 23 9:00 – 12:00	AG Service Center 10507 N McAlister Road, Island City
Lebanon	Wednesday, March 28 9:00 – 12:00	Lebanon Community Hospital – Room 3-4 525 N Santiam Highway (<i>use back entrance, near coffee shop</i>)
Portland	Monday, February 27 1:00 – 4:00	SEIU Local 503 Union Hall 6401 SE Foster Road (<i>at Holgate</i>)
Roseburg	Monday, February 27 9:00 – 12:00	Sleep Inn 2855 NW Edenbower Blvd (<i>at Exit 127</i>)

T. R. I. P. S. – 3 hours

Taking Responsibility In Personal Safety

Ideas for preventing injuries from slips and trips in the home; assessing risk factors; assisting in planning and preparing for emergencies, safe driving tips.

City	Date/Time	Location
Corvallis	Wednesday, February 22 2:00 – 5:00	Holiday Inn Express on the River 781 NE 2 nd
Eugene / Springfield	Saturday, March 3 1:30 – 4:30	Holiday Inn 919 Kruse Way, Springfield (I-5 exit 195A, behind Comfort Inn)
Gladstone	Friday, March 23 1:30 – 4:30	Oxford Suites 75 82nd Drive (I-205 at Exit 11)
Roseburg	Monday, March 5 2:00 – 5:00	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)

WORKING TOGETHER – 3 hours

Making the most of the Employer – Employee Relationship

Assertive communication and problem solving techniques for employers & workers; clarifying expectations; using person-directed values, language.

City	Date/Time	Location
Astoria	Tuesday, March 20 5:30 – 8:30	Holiday Inn Express 204 W Marine Drive
Eugene / Springfield	Friday, March 30 2:00 – 5:00	Holiday Inn 919 Kruse Way, Spngfld (at exit 195A)
Hillsboro Class in Spanish	Saturday, March 31 2:00 – 5:00 Esta clase en español	Farmhouse Restaurant at Comfort Inn 3500 NE Cornell Road
La Grande	Friday, March 23 1:30 – 4:30	AG Service Center 10507 N McAlister Road, Island City
Medford	Thursday, February 16 1:30 – 4:30	Rogue Regency Inn 2300 Biddle Road (at Exit 30)
Newport	Saturday, February 4 2:00 – 5:00	Embarcadero Hotel 1000 SE Bay Road
Ontario	Friday, February 17 9:00 – 12:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Saturday, February 11 9:00 – 12:00	East Portland Community Center 740 SE 106th (south of Washington)
Redmond	Tuesday, February 28 12:30 – 3:30	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Thursday, March 29 2:00 – 5:00	Sleep Inn 2855 NW Edenbower Blvd (at Exit 127)
Salem	Thursday, February 23 8:30 – 11:30	Phoenix Inn North 1590 Weston Court NE (I-5 and Market)
Tigard	Tuesday, March 27 5:30 – 8:30	Phoenix Inn 9575 SW Locust Street (across from Washington Square)

To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2

TRAININGS AT-A-GLANCE

FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 RSW 9-1 <i>Eugene/Spfld</i> SMART 2:30-5:30 <i>Eugene/ Spgfld</i> B&G 5-8:30 <i>Portland</i>	3 B&G 10-1:30 <i>Roseburg</i>	4 PASS 9-12:30 <i>Newpt</i> WT 2-5 <i>Newport</i> DBN 9-12:30 & 1:30-5 <i>Portland</i>
5	6 RSW 8:30-12:30 <i>Coos Bay</i> SMART 2-5 <i>Coos Bay</i> ELC 9-1 <i>Lincoln City</i> G-L 2:30-6 <i>Lincoln City</i>	7 SAA 9-12 <i>Grants Pass</i> PDT 1:30-3:30 <i>Grants Pass</i> RSW 9-1 <i>Salem</i> HH 1-4 <i>McMinnville</i> G-L 5-8:30 <i>Hillsboro</i>	8 HH 1-4 <i>Lebanon</i> HH-Russian 1-4 <i>Portland</i>	9 MedS-Russian 2-5 <i>Salem</i>	10 PASS 9-12:30 <i>St.Helens</i> DME 2-5 <i>St. Helens</i> DBN 12-3:30 <i>Astoria</i>	11 WT 9-12 <i>Portland</i> MW 1:30-4:30 <i>Portland</i>
12	13	14 KIP 9-12:30 <i>Gladstone</i> SMART 2-5 <i>Gladstone</i>	15 PDT-Russian 1-3 <i>Woodburn</i>	16 BLV 9-12 <i>Medford</i> WT 1:30-4:30 <i>Medford</i> RSW 12:30-4:30 <i>The Dalles</i> F-A 1-4:30 <i>Salem</i>	17 PASS 8-11:30 <i>Hills</i> PDT 12:30- 2:30 <i>Hillsboro</i> B&G 9-12:30 <i>Klamath Falls</i> PDT 2-4 <i>Klamath Falls</i> WT 9-12 <i>Ontario</i> B&G 1:30-5 <i>Ontario</i> CB 2:30-5:30 <i>Eugene/Spfld</i>	18 CB 9-12 <i>Albany</i> RSW 1:30-5:30 <i>Albany</i> B&G 9-12:30 <i>Seaside</i> PDT 1:30-3:30 <i>Seaside</i>
19	20	21 PDT-Russian 5-7 <i>Portland</i>	22 PASS 9-12:30 <i>Corv</i> TRIPS 2-5 <i>Corvallis</i> HH 9-12 & 1:30-4:30 <i>Portland</i> PDT-Russian 2-4 <i>Portland</i> D-A 3-7 <i>Medford</i>	23 WT 8:30-11:30 <i>Salem</i> PDT 1-3 <i>Salem</i> SAA 9-12 <i>Hermiston</i> SMART 1:30-4:30 <i>Hermiston</i> D-A 1-5 <i>Coos Bay</i>	24 RSW 9-1 <i>Pendleton</i>	25 ELC 9-1 <i>Hillsboro</i> CB 9-12 <i>Prineville</i> DME 1:30-4:30 <i>Prineville</i> PASS 1-4:30 <i>Eugene/Spfld</i>
26 KIP 1-4:30 <i>Roseburg</i>	27 SAA 9-12 <i>Roseburg</i> MedS 1-4 <i>Lincoln City</i> SAA 1-4 <i>Portland</i>	28 MedS 12:30 - 3:30 <i>Eugene/Spfld</i> WT 12:30-3:30 <i>Redmond</i> B&G 5-8:30 <i>Redmond</i>	29 RSW 4-8 <i>Tigard</i>			

B&G – Bathing & Grooming BLV- Blind Low Vision CB – Challenging Behaviors D-A - Dementia
 DBN – Diabetes by the Numbers DME – Durable Medical Equipment ELC – End of Life Care
 F-A –Fraud & Abuse G-L – Grief & Loss HH – Heart Healthy KIP – Keeping It Professional
 MedS – Medication Safety MW – MoneyWise PASS – Protect Against Sprains & Strains
 PDT – Preventing Disease Transmission RSW – Ready Set Work SAA – Substance Abuse Awareness
 SMART – Stress Management TRIPS – Taking Responsibility in Personal Safety WT – Working Together

14 **To register for training, call 503-378-3957 #2 or 1-877-867-0077, #2**

TRAININGS AT-A-GLANCE

MARCH 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HH 5-8 <i>Medford</i>	2 HH 1-4 <i>Coos Bay</i>	3 MW 9-12 <i>Eugene/Spgfld</i> TRIPS 1:30-4:30 <i>Eugene/Sgfld</i> HH 1-4 <i>Newport</i>
4	5 TRIPS 2-5 <i>Roseburg</i>	6 DME 9-12 <i>Roseburg</i>	7 CB 9-12 <i>Brookings</i> DME 1:30-4:30 <i>Brookings</i>	8 PDT 10-12 <i>Portland</i> BLV 1:30-4:30 <i>Portland</i>	9 DBN 1-4:30 <i>Roseburg</i>	10 PASS 9-12:30 <i>Salem</i> SMART 2-5 <i>Salem</i> DBN 1-4:30 <i>Grants Pass</i>
11 DBN 1-4:30 <i>Florence</i>	12	13 CB 9:30-12:30 <i>Medford</i> KIP 2-5:30 <i>Medford</i> KIP 12-3:30 <i>Portland</i> B&G-Russian 5-8:30 <i>Portland</i> MW 5-8 <i>Salem</i>	14 CB 9-12 <i>Klamath Falls</i> DME 1:30-4:30 <i>Klamath Falls</i> B&G-Russian 1-4:30 <i>Salem</i>	15 PASS 9-12:30 <i>Coos Bay</i> SAA 2-5 <i>Coos Bay</i> MW 9-12 <i>Clackamas</i> SAA 1:30-4:30 <i>Clackamas</i> D-A 12:30-4:30 <i>Corvallis</i>	16 RSW 10-2 <i>Florence</i>	17 PASS 9-12:30 <i>Gresham</i> SMART 2-5 <i>Gresham</i>
18	19 MedS 12:30-3:30 <i>Portland</i> RSW 5-9 <i>Portland</i>	20 RSW 12-4 <i>Grants Pass</i> SMART 5:30-8:30 <i>Grants Pass</i> F-A 12:30-4 <i>Astoria</i> WT 5:30-8:30 <i>Astoria</i>	21 B&G 1-4:30 <i>Albany</i> PDT 6-8 <i>Albany</i> MedS 12:30-3:30 <i>Salem</i> HH-Russian 4:30-7:30 <i>Salem</i> B&G-Russian 1-4:30 <i>Portland</i> HH 1-4 <i>Tillamook</i>	22 KIP-Spanish 5-8:30 <i>Woodburn</i>	23 SAA 9-12 <i>La Grande</i> WT 1:30-4:30 <i>La Grande</i> CB 9-12 <i>Gladstone</i> TRIPS 1:30-4:30 <i>Gladstone</i> PASS 1-4:30 <i>Bend</i>	24 MW 9-12 <i>Bend</i> RSW 9-1 <i>Ontario</i> PDT 2:30-4:30 <i>Ontario</i>
25	26 MedS 9-12 <i>Grants Pass</i> ELC 1:30-5:30 <i>Grants Pass</i>	27 ELC 9-1 <i>Roseburg</i> G-L 2:30-6 <i>Roseburg</i> B&G 12:30-4 <i>Tigard</i> WT 5:30-8:30 <i>Tigard</i>	28 SAA 9-12 <i>Lebanon</i> SMART 1:30-4:30 <i>Lebanon</i> ELC 10-2 <i>Coos Bay</i> HH 5-8 <i>Oregon City</i>	29 DME 9-12 <i>Salem</i> PASS 9-12:30 <i>Roseburg</i> WT 2-5 <i>Roseburg</i> KIP 12-3:30 <i>Lincoln City</i> PDT 5-7 <i>Lincoln City</i>	30 B&G 9-12:30 <i>Eugene/Spgfld</i> WT 2-5 <i>Eugene/Springfield</i>	31 KIP-Spanish 9-12:30 <i>Hillsboro</i> WT-Spanish 2-5 <i>Hillsboro</i>

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