



# OHCC Training Newsletter January - February 2019

The Oregon Home Care Commission supports Homecare Workers, Personal Support Workers, and consumer-employers by:

- Defining qualifications of the Homecare Worker (HCW) and the Personal Support Worker (PSW)
- Providing a statewide registry of HCWs and PSWs
- Providing training opportunities
- Serving as the “employer of record” for collective bargaining for HCWs and PSWs who receive service payments that are from public funds

**OHCC Website:** <https://go.usa.gov/xPkJ6>

## [How to become a Homecare or Personal Support Worker](http://www.ohccworkforce.org/)

<http://www.ohccworkforce.org/>

## [Homecare Workers Resources](https://go.usa.gov/xPkJA)

<https://go.usa.gov/xPkJA>

## [Personal Support Workers Resources](https://go.usa.gov/xPkSb)

<https://go.usa.gov/xPkSb>

## [Homecare Worker Orientation](https://go.usa.gov/xPkS3)

<https://go.usa.gov/xPkS3>

## [Personal Support Worker Orientation](https://go.usa.gov/xPkSC)

<https://go.usa.gov/xPkSC>



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## Registering for Training

Training classes in this newsletter are provided for Homecare Workers (HCWs), Personal Support Workers (PSWs), and the consumer-employers they work for. See page 16 for Adult Foster Care/Guest registration instructions.

Pre-registration is required and assures your spot in the class. Many classes fill to capacity and will not be able to accommodate walk-ins. Please, don't get a "No Show." Email, call or login to the Registry and cancel if you can't make a class! The certifications require workers have low "No Show Rates" for acceptance.

### Register Today! Here's how:

#### 1. Self-registration

- ❖ Register online by going to <https://or-hcc.org/> and follow these steps:
  - Select a program area, then login
  - Navigate to the "Training" tab and select "Upcoming Training Classes"
  - Review upcoming classes
  - Sign-up for and/or cancel upcoming classes
- ❖ Register online with iLearnOregon for online course or multiple event courses (ie, COMPASS and Enhanced Certification):
  - See pages 4-5 for full details
  - Go to <https://ilearn.oregon.gov>



#### 2. Send an email

- ❖ Send an email request to: [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)
  - In your email include:
    - Name
    - Provider Number
    - Name, date, and city of each class you want to attend

#### 3. Give us a call. Call 1.877.867.0077

## The Registry

Looking for work? Check the "Help Wanted" section for consumers looking for a worker. Select the county or counties where you want to work to find listings. Click the "Expand" button to make sure you meet the person's needs before calling. The Registry web address is: <https://or-hcc.org/>

To be referred on the Registry, HCWs and PSWs are required to have the following annual continuing education:

- 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 following OHCC Safety training classes – PASS, PDT, TRIPS, or COMPASS.
- The other seven (7) classes in those two years can be any class approved for your group (COMPASS counts as two classes).

For help with the Registry, read our Quick Guide found here: <https://go.usa.gov/xPkSf>

## Training Completion & Stipends for Attending Classes

HCWs and PSWs may be paid a stipend for attending classes 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. (Independent Choice Program workers must provide a pay stub or statement from their employer).
- ◆ Have not received a stipend for the same class in the previous 12 months.
- ◆ 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 of completion for the class.

These payments are not considered work hours and will not have withholding. Training hours are not used to determine benefit eligibility.

**Please allow approximately 9-12 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 send an e-mail to [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)**

**Adult Foster Care (AFC) and private pay providers DO NOT receive stipend pay for attending classes. Please refer to the list of class descriptions for 'AFC CEU' approved classes.**

## Benefit Trust Information

Dental, Vision, Hearing and Employee Assistance Program Benefits: Have you worked two months in a row of 40 or more hours of bargaining unit work? You may be eligible for **Dental, Vision, Hearing and Employee Assistance Program benefits through the Oregon Homecare Workers Benefit Trust!** The Trust website has been updated with 2019 information. If you haven't already, you can review the 2019 pages at <https://www.orhomecaretrust.org/>, and under the "Benefits" menu, click on 2019 Overview, 2019 Marketplace Enrollment Information, 2019 Medicare and 2019 Resources. The Trust has also mailed a letter with the 2019 information to eligible participants.

Paid Time Off (PTO) Benefits: Did you work 80 or more hours of bargaining unit work in the month of October, November or December of 2018? If so, in February you may be eligible for Paid Time Off benefits under the Oregon Homecare Workers Benefit Trust to be used in connection with taking time-off from regularly scheduled hours with a consumer! Watch your mail for a notice from the Trust about these benefits, and how to qualify for them. If you haven't already, you need to turn in a completed W-9 to qualify for the PTO benefit. You can complete a W-9 quickly and securely on the Trust website or from the packet the Trust will send you in February. For more information on the PTO benefits that may be available to you, visit <https://www.orhomecaretrust.org/>.

No internet access? No problem! You can also call the Trusts' Healthcare Enrollment Team for more information at 503-303-5668 (Portland Metro Area) or toll free at 1-855-437-2694.

***HAVE YOU JOINED US FOR AN ORIENTATION YET?  
VIEW AND REGISTER ONLINE FOR EITHER AN UPCOMING HOMECARE OR  
PERSONAL SUPPORT WORKER ORIENTATION WITH THE LINKS BELOW:***

***HCW - <https://go.usa.gov/xQTUQ>  
PSW and/or eXPRS - <https://go.usa.gov/xQTUw>***

## Online Courses in iLearnOregon **\*\*AVAILABLE NOW\*\***



The Oregon Home Care Commission now offers three online courses for homecare and personal support workers: “*Helping Caregivers Fight Fraud & Abuse*,” “*Keeping It Professional*,” and “*Working Together*.” All are now available on iLearnOregon. Providers are now able to complete the three Core Courses required for the Professional Development Certification entirely online.

The three core online courses provide another means for workers to receive training rather than just the traditional in-person classroom setting. Workers may choose which learning environment they feel works best for them!

Once the registration on iLearnOregon is complete (see the following page), a worker will be able to sign up to take a course. It is very important that providers use the online course links provided by OHCC. The links for each of the available courses can be found below and in the written instructions for registering. Each course has three parts to the course curriculum: the worker guide, the course itself and the online assessment. The worker guide can be downloaded and saved on the computer or it can be printed out. The online assessment is included and workers who are working towards their *Professional Development Certification*, will need to complete the assessment and score 80% to receive credit for the assessment. The iLearnOregon course assessment is online for those who have completed the course online and not for workers who have completed the course in the in-person classroom setting (there is another assessment option for those in the classroom).

If the course taken in iLearnOregon is the exact class offered in the in-person classroom, then the worker will qualify for a stipend for the online course on the 12th month of receiving a stipend for the in-person classroom. To request a stipend once the course is complete, the worker will take the assessment (if they want to earn PDC credit), and then fill out an online Training Participation Record (TPR) form. The TPR includes required information that the OHCC staff needs to give the worker credit for the course and process a stipend. Workers who fail to complete their TPR accurately will experience a delay in credit and stipend payment. Detailed instructions to request a stipend are given at the end of each course.

### Currently Available Online Courses\*

#### **PDC Online Courses:**

Helping Caregivers Fight Fraud & Abuse: <https://go.usa.gov/xU2uv>

Keeping It Professional: <https://go.usa.gov/xUTqe>

Working Together: <http://go.usa.gov/xPBku>

#### **Orientations:**

Personal Support Worker Orientation: <https://go.usa.gov/xRVMz>

#### **Classroom Training:**

COMPASS: <http://go.usa.gov/xU6D4>

Enhanced Certification Training: <https://go.usa.gov/xUHgs>

\*These links are case sensitive and should be entered into your Internet browser exactly as they appear.

#### **Important:**

- ◆ The online courses do require access to a computer and are not recommended or designed for tablets or smart phones
- ◆ Although most workers do have access to a computer, some workers may not. Public computer access will vary, depending on the community; options may include libraries or WorkSource Oregon
- ◆ Courses in iLearnOregon should be accessed through either Firefox (recommended), Chrome, Edge, or Safari. Do NOT use Internet Explorer
- ◆ Workers are able to reset their own password in iLearnOregon from the login page

## Your iLearnOregon Account

Providers must register for an iLearnOregon account before you can register yourself for a class. Once you have registered as a user with iLearnOregon, you won't have to complete that step again. iLearnOregon is password protected and if you forget your password you may easily request a reset from iLearnOregon login page. Of course, be sure to save your username and password once created!

### How?

You may create your iLearnOregon account by following the detailed instructions found on the Oregon Home Care Commission website at <https://go.usa.gov/xU5HZ>. Workers should be aware that if they do not follow the written instructions exactly, they may find themselves unable to register or take the course. Notifications will be automatically generated to you based upon the email address you enter into iLearnOregon. If for some reason you fail to receive a confirmation email for a course you have registered for, go back in and verify your email address.

### Stipends? Course Credit?

OHCC depends upon the Registry to help calculate the "No Show" rate as well as the 12-month stipends rule. Additionally, consumers can view which courses a worker has completed. To ensure these business practices are in place, OHCC staff will manually register any registration information from iLearnOregon into the Registry. iLearnOregon is advantageous for registering courses with multi sessions as well as providing workers with the ability to take online courses.

If you run into any problems using iLearnOregon, please email [DHS.TRAINING@dhsosha.state.or.us](mailto:DHS.TRAINING@dhsosha.state.or.us) or call (503) 947-5457 between 8:00 AM – 4:30 PM, Monday - Friday (except holidays).



## Register in iLearnOregon



### Register for COMPASS and ENHANCED CERTIFICATION in iLearnOregon

*Interested in signing up for COMPASS or the Enhanced Certification course?*

**Register in iLearnOregon for these two classroom cohorts**

iLearnOregon offers several registration improvements:

- Register **one time** for all events within the course
- An *immediate confirmation* email includes:
  - Dates, times, location of each event
  - Instructions on how to cancel registration
  - Course description
  - Option to add event details to your personal calendar
- View all course events with details which include dates, times, and locations
- Built-in map & directions on how to find class locations
- Automatic Password reset for iLearnOregon should you forget your password
- Three automatic email reminders for your events: two weeks before, one week before and two days before class
- Course credit will be added to the Registry by OHCC staff
- Transcripts will be available on iLearnOregon at any time
- Auto enroll from the Waitlist to Class Registration:
  - When classes are full, a Waitlist will automatically be created
  - If someone cancels their registration, it allows a class opening
  - The first one on the Waitlist will auto enroll & receive an email confirmation
  - Auto enrolled and can't make the date? Simply cancel the registration by following the cancellation instructions included in the registration email

## Enhanced Worker Certification Course

**Are you interested in being certified as an Enhanced Worker?** The Enhanced Worker Certification Course includes up to 25 hours of course work in addition to out-of-class requirements that require access to the internet. The certification will allow workers the opportunity to earn \$1.00 above base rate pay for any consumers **pre-approved** for enhanced needs.

Workers (with the exception of CIIS PSWs or those who have a current Professional Development Certification) will need to pass a Readiness Assessment before attending the course. The assessment is based on content from the following eleven (11) classes: Bathing & Grooming, Challenging Behaviors, Durable Medical Equipment, Keeping It Professional, Medication Safety, Helping Caregiver Fight Fraud and Abuse, Nutrition Basics, Working Together, Preventing Disease Transmission, Protect Against Sprains and Strains, and Taking Responsibility In Personal Safety.

**Here is the link to take the Enhanced Readiness Certificate any time, day or night, 24/7:** <https://www.surveymonkey.com/r/RFSSX97>

After you pass the assessment, with a score of 80% or higher, you will receive an email with details about signing up for the classes. Please visit the certifications webpage for information on how to prepare for this certification and application requirements <http://go.usa.gov/xUNaB>

If interested, or if you have any questions, send an email to [Certifications.ohcc@dhsoha.state.or.us](mailto:Certifications.ohcc@dhsoha.state.or.us). Please include the word 'Enhanced' in the subject line!

## Exceptional Worker Certification for PSW's

What is an Exceptional PSW Certification? The "Exceptional Worker Certification" means a worker certified by the Oregon Home Care Commission to deliver services to individuals who require advanced medically or behaviorally driven services and supports beyond the Enhanced level as determined by the service coordinator or personal service agent. The program is for PSW's only.

The Exceptional Personal Support Worker Certification requires a time commitment of 10 to 12 hours of blended learning. The certification will allow workers the opportunity to earn \$3.00 above base rate pay for any consumers **pre-approved** for exceptional needs. To apply for the Exceptional Personal Support Worker Certification Program, you must:

- Have an active Personal Support Worker provider number.
- Have already completed the Enhanced Certification Program *and have your certification*.
- Have a current OIS certification.
- Have less than a 20% "No-Show" rate for OHCC classes. Agree to the time commitment.

For more details, please visit our website at <http://go.usa.gov/xUNaB>

If interested, or if you have any questions, please send an email to: [Certifications.ohcc@dhsoha.state.or.us](mailto:Certifications.ohcc@dhsoha.state.or.us). Please include the word 'Exceptional' in the subject line!

## Make a Difference in the Workplace – Become a PSW Job Coach

Sabra Manriquez enjoys helping people to be happy and successful.

For most people, including people with intellectual and developmental disabilities (I/DD), employment and earning a paycheck is part of being happy and successful.

Sabra is a Personal Support Worker and her business card lists her services as: Living Support, Community Inclusion, 1:1 Skills Trainer, 1:1 Chores, Budgeting, Recreational Activities, Volunteering, Medical Assistance, and Job Coaching.

Like many PSWs, Sabra serves a variety of people with I/DD with various needs. She obtained the extra credentialing and training to become a PSW Job Coach about five years ago. She was approached by a Personal Agent for Mitchell Bailey, who works at Safeway in Southeast Portland. “Mitchell was having difficulties at work and needed support,” Sabra said. “I stepped in to make sure he kept his job and could be successful.”



Sabra has taken all the required courses to become a job coach, including the Office of Developmental Disabilities Services (ODDS) Core Competency Online Modules and 12 hours of ODDS-approved annual Supported Employment training. While Mitchell is the only person she is supporting as a job coach currently, she has provided job coaching for at least three people in the past.

Mitchell works around 30 hours per week as a courtesy clerk. He moves quickly and likes a job where he stays on the go. “My support to Mitchell is helping him with customer relations,” she said. “He knows the job, but he needs help staying calm and

interacting appropriately with customers and coworkers.”

“She won’t do the job for me, even if I ask,” Mitchell said, grinning. “She helps me think through things.”

Sabra says she enjoys job coaching. As a PSW, her job is to support people to be as independent as possible in their communities. To her, employment is a piece of that whole life picture.

“Sometimes it is breaking the job down into tasks that the person can achieve,” she said. “Other times it’s just positive reinforcement, making sure they know someone is there to support them who believes in them,” Sabra said.

For more information on PSW Job Coaching, see the Worker Guide:

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Documents/Worker%20Guide%20-%20Personal%20Support%20Worker%20Employment%20Services%20Enrollment.pdf>

PSW Job Coaching on YouTube: <https://youtu.be/L9QFCoWqDI>

PSW Job Coaching Fact Sheet: <https://apps.state.or.us/Forms/Served/de9477.pdf>

The enrollment application is also online at: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/PROVIDERS-PARTNERS/Pages/psw-resources.aspx>

A photo slideshow of Sabra and Mitchell is online at: <https://flic.kr/s/aHsmsoSaru>

If you have questions or want information about how to become a PSW job coach, email:

[employmenttraining.review@dhs.oha.state.or.us](mailto:employmenttraining.review@dhs.oha.state.or.us)

## Professional Development Certification (PDC)

The Professional Development Certification (PDC) offers PSWs or HCWs a way to earn a higher wage of .50 cents above the base rate. Courses and requirements offer an educational opportunity intended to help the worker build skills to be applied in their day to day work experience. The certification is valid for 24-months.

### Requirements:

- Have an active Medicaid Provider Number
- Complete the three (3) Core courses, five (5) hours of Safety Courses, and five (5) hours of Elective Courses (*see descriptions below*)
- Take the online assessment for each course you complete – achieving a score of 80% or better
- Obtain and maintain a current, active Adult CPR/First Aid certification
- OHCC course attendance No Show Rate of 20% or less



Once all requirements are met, complete and submit a Professional Development Certification Application to OHCC. Applications can be found on our website:

<http://go.usa.gov/xPkhD>

Please email the application, along with attached copies of your CPR/First Aid cards, to

[Certifications.OHCC@dhsoha.state.or.us](mailto:Certifications.OHCC@dhsoha.state.or.us)

Applications must be in the OHCC office by the first day of the month to be eligible for certification approval. If all requirements have been met then approval and certification will begin the first day of the following month. **Example:** an emailed application arrives and is date stamped at OHCC January 12, 2018; it would qualify to have certification begin on March 1, 2018. The deadline for February 1, 2018 was missed because the application was not received by January 1, 2018.

Processing applications take time; please allow 2-3 weeks from the first week of the upcoming month. Once you have been approved, you will receive a confirmation email informing you of the two-year certification period with your attached Professional Development Certificate.

### Helpful Tips:

- ✓ A course must be completed before the assessment will count.
- ✓ Only your first assessment score counts. If the score is lower than 80%, you will need to retake the course and assessment.
- ✓ You may get an assessment link from the instructor or email [Certifications.OHCC@dhsoha.state.or.us](mailto:Certifications.OHCC@dhsoha.state.or.us)
- ✓ Keep a log of the assessments you have completed and your scores.
- ✓ Keep a close eye on your renewal date for your CPR/First Aid and plan ahead so you don't have a gap in your Professional Development Certification wage increase.
- ✓ If you have questions, please send an email to: [Certifications.OHCC@dhsoha.state.or.us](mailto:Certifications.OHCC@dhsoha.state.or.us)

### Avoid Interruption

In order for your PDC wage increase to *not be interrupted* when your CPR/First Aid card expires, we ask you to do the following:

1. Track the expiration date of your CPR/First Aid card on your personal calendar
2. Send a copy of the CPR/First Aid cards *directly to OHCC* as soon as you get the renewal card
3. Send to [Certifications.OHCC@dhsoha.state.or.us](mailto:Certifications.OHCC@dhsoha.state.or.us).

If you do not provide OHCC with a copy of your card, the .50 wage increase will drop off your hourly rate. The .50 wage will return on the next pay period after the card is provided to OHCC, not the effective date on the cards so *don't forget to send us your renewal cards!*

## Renewal Process: Professional Development Certification (PDC)

The Oregon Home Care Commission, in collaboration with the Training Committee and approved by the Commissioners, has determined the renewal process homecare and personal support workers will need to complete so they may maintain their PDC. Below are the requirements a homecare or personal support worker will need to follow to renew their PDC for an additional 24-months:

- Repeat the course requirements – Core Courses, five hours of Safety Courses, and five hours of Elective Courses
- Take the assessments for the courses you complete, with a score 80% or better
- Keep your CPR/First Aid certification current and make sure OHCC has a copy (see “Avoid Interruption” on previous page)
- Maintain a No Show Rate of 20% or lower
- Providers are NOT required to submit a new application for renewal – OHCC will automatically check and renew the certification at the expiration date

**IMPORTANT:** *only courses and assessments taken after the first 12-months of certification will be counted towards PDC renewal.*

**Example:** If you received your PDC 01/01/2017 ending on 12/31/2018; you would have all of 2018 to take courses towards renewal. Let’s say you had taken Medication Safety (11/12/2017), Preventing Disease Transmission (1/15/2018), and Nutritional Basics (3/5/2018). Both PDT and NB will count towards renewal; so long as you complete and pass both assessments. MedS would not count because it was taken in the first 12-months of having PDC.

**\*\*REMINDER\*\***

*PROVIDERS MAY NOW TAKE ALL THREE CORE COURSES ONLINE  
WHEN EITHER APPLYING OR RENEWING FOR THEIR  
PROFESSIONAL DEVELOPMENT CERTIFICATION*

### Oregon Intervention System-General (OIS-G)

OIS-G is Oregon’s system of training and implementing the principles of Positive Behavior Support and Intervention for people who support adults and children with Intellectual/Developmental Disabilities who may display challenging behaviors. This course is offered to Personal Support Workers who provide in-home supports through OHCC. The Oregon Home Care Commission offers this two-day OIS-G 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.
- Can show proof of paid hours as a PSW in one of three full calendar months prior to submitting the request form.
- Have completed at least two Oregon Home Care Commission training classes (except for Working with Challenging Behaviors).
- A No Show Rate for attending OHCC training classes of 20% or below.
- After submitting an OIS-G Training Request Form, you will be contacted to register for an OIS-G Training. A training stipend may be available **IF** OIS-G is required in the approved behavioral care plan. Download the Request Form here <http://go.usa.gov/xPkh9>

## OHCC Courses

Course	Description	Length	Stipend Available
<b>Bathing &amp; Grooming (B&amp;G)</b> <b>*PDC Elective Course</b>	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 PSW ICP
<b>Blindness &amp; Low Vision (BLV)</b> <b>*AFC CEUs</b>	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 PSW ICP
<b>Caring for Yourself While Caring for Others (C4Y) ***NEW***</b>	In this interactive workshop, you'll learn how to promote a safe and healthy work environment – for the individual you support and yourself.	2 ½ hrs	HCW PSW ICP
<b>Communities of Practice and Safety Support (COMPASS)</b> <b>*PDC Safety Course</b>	This program promotes injury prevention and health for Homecare and Personal Support Workers. It involves seven (7) sessions, each two (2) weeks apart. Be a part of a small team of workers learning and sharing health, safety, and work practices. Completion of COMPASS will meet all 5 hours of Safety Skills Courses required for PDC. *Effective as of 5.1.2018	15 hrs (7 wks/ 2-3 hrs ea)	HCW PSW ICP
<b>Dementia 101 (DEM 101)</b>	An introduction to supporting individuals experiencing dementia. This course covers a basic overview of the dementia process and the different types; ways to promote health and safety; communication tips including remaining calm and positive.	3 hrs	HCW PSW ICP
<b>Diabetes by the Numbers (DBN)</b> <b>*AFC CEUs</b>	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 PSW ICP
<b>Diversity Awareness – Challenges Facing Lesbian, Gay, Bisexual, Transgender Adults (LGBT) *AFC CEUs</b>	Learn terminology & definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive.	3 hrs	HCW PSW ICP
<b>Durable Medical Equipment (DME)</b> <b>*AFC CEUs</b>	Helpful hints on safely using mobility devices, bath & toilet aides, Hoyer lifts, and other medical equipment. Tips on choosing, fitting, and using devices.	4 hrs	HCW PSW ICP
<b>End of Life (EoL)</b> <b>*AFC CEUs</b>	An overview of end of life, including: the dying process; the difference between palliative care vs hospice; and, the role of the provider in supporting an individual at the end of life.	3 hrs	HCW PSW ICP

Course	Description	Length	Stipend Available
<b>Everyone Communicates (EC)</b> <b>*PDC Elective Course for PSW only</b>	Learn effective communication partner strategies that make a positive impact on the people you support with communication challenges and intellectual and developmental disabilities who experience communication challenges.	4 hrs	HCW PSW ICP
<b>Grief &amp; Loss (G&amp;L)</b> <b>*AFC CEUs</b>	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 PSW ICP
<b>Heart Healthy (HH)</b> <b>*PDC Elective Course</b> <b>*AFC CEUs</b>	How the heart works, understanding common heart problems, monitoring blood pressure, recognizing heart emergencies, & creating a heart healthy lifestyle.	3 hrs	HCW PSW ICP
<b>Helping Caregivers Fight Fraud &amp; Abuse (F&amp;A)</b> <b>*PDC Core Course</b> <b>*AFC CEUs</b>	Recognizing & reporting abuse & neglect of children, older adults and disabled persons and Medicaid & Medicare fraud; the role of the caregiver; problem solving; local resources.	<b>Class:</b> 3 ½ hrs <b>Online:</b> 1 ½ hrs	HCW PSW ICP
<b>Introduction to Cultural Competency (ICC) ***NEW***</b>	This interactive and engaging course offers an introduction to culture, cultural competency, and their role in offering person-centered supports.	2 ½ hrs	HCW PSW ICP
<b>Keeping It Professional (KIP)</b> <b>*PDC Core Course</b>	The role of the worker in: setting professional boundaries, working with the task list, when and how to keep things confidential, and tips for recordkeeping.	<b>Class:</b> 3 ½ hrs <b>Online:</b> 1 ½ hrs	HCW PSW ICP
<b>Medication Safety (MedS)</b> <b>*PDC Safety Course</b>	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 PSW ICP
<b>Nutrition Basics (NB)</b> <b>*PDC Elective Course</b> <b>*AFC CEUs</b>	Basics of nutrition, nutrient categories, meal timing, and meal balance using person-centered strategies and tools to promote informed choices as well as common nutrition related concerns.	4 hrs	HCW PSW ICP
<b>Preventing Disease Transmission (PDT)</b> <b>*PDC Safety Course</b> <b>*AFC CEUs</b>	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 PSW ICP
<b>Protect Against Sprains and Strains (PASS)</b> <b>*PDC Safety Course</b> <b>*AFC CEUs</b>	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 PSW ICP

Course	Description	Length	Stipend Available
<b>Ready, Set, Work (RSW)</b>	Create a professional marketing approach to finding work; 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 a stipend for this class.	4 hrs	HCW PSW ICP
<b>Respiratory Care: Oxygen to Ventilators (RC)</b> *AFC CEUs	End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.	3 ½ hrs	HCW PSW ICP
<b>Sensory Processing Disorder – Adults (SPD-A)</b> *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; understanding how an adult with SPD perceives input; and supports for community mobility. <i>*Effective as of 5.1.2018</i>	3 hrs	HCW PSW ICP
<b>Sensory Processing Disorder - Children (SPD-C)</b> *PDC Elective Course	Covers the following: what is Sensory Processing Disorder; overview of the senses; ASD and ADHD; impacts on a child's day; understanding how a child with SPD perceives input; and sensory diets. <i>*Effective as of 5.1.2018 *PSW credit for PDC only</i>	3 hrs	HCW PSW ICP
<b>Stress Management and Relaxation Techniques (SMART)</b> *AFC CEUs	Understanding stress and its effects; identifying triggers; fun and practical techniques for coping with stress.	3 hrs	HCW PSW ICP
<b>Substance Abuse Awareness (SAA)</b>	Review the OHCC Drug-Free Workplace policy for workers, learn the impact of drug and alcohol abuse, the role of the worker, and resources for help.	3 hrs	HCW PSW ICP
<b>Taking Responsibility in Personal Safety (TRIPS)</b> *PDC Safety Course	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 PSW ICP
<b>Working Together (WT)</b> *PDC Core Course	Assertive communication and problem-solving techniques for employers & workers; clarifying expectations; using person- directed values and language.	3 hrs	HCW PSW ICP
<b>Working with Challenging Behaviors (CB)</b> *PDC Elective Course *AFC CEUs	Practical information about working with seniors and adults with physical disabilities regarding types and causes of challenging behaviors, problem solving, and communication ideas. <i>*HCW credit for PDC only</i>	3 hrs	HCW PSW ICP

## Class Language Options

To help promote and support the growing cultural diversity home care and personal support workers in Oregon, OHCC currently offers courses in four different languages. Having a course presented in your first language promotes better learning and retention, is validating and empowering, and enhances the overall experience. Below are upcoming courses.

### Somali

Daruus ku bixi doonta afka somaliga aya hada bixin doonta oregon home care commision portland gudaheedi. Fasal cusub aya la bixin donaa laba isbuuc walba. Hoos waxaa ku xusan xiliga daruusta la dhigi doono bisha November iyo Diseembar.

Magaalada	Waqtiga iyo Taariikhda	Fasalka Magaciisa	Goobta
Portland	1/4/2019 4:30p – 7:30p	Qaadashada Mas'uuliyadda Badbaadada Shakhsiyeed (TRIPS)	IRCO 10301 NE Glisan St
	1/5/2019 11:00a – 2:00p	Qaadashada Mas'uuliyadda Badbaadada Shakhsiyeed (TRIPS)	IRCO 10301 NE Glisan St
	1/5/2019 3:30p – 7:00p	Joogteynta Jaheynta Tababarka Xirfadlaha (KIP)	IRCO 10301 NE Glisan St
	1/11/2019 4:30p – 7:30p	Badbaadinta Dawada (MedS)	IRCO 10301 NE Glisan St
	1/12/2019 11:00a – 2:00p	Badbaadinta Dawada (MedS)	IRCO 10301 NE Glisan St
	1/12/2019 3:30p – 7:00p	Ku caawinta Daryeelayaasha La dagaalanka Qiyaanada iyo Xadgudubka (F&A)	IRCO 10301 NE Glisan St
	1/18/2019 4:30p – 7:30p	Xanuunka Farsameynta Dareenka – Dadka waaweyn (SPD-A)	IRCO 10301 NE Glisan St
	1/19/2019 11:00a – 2:00p	Xanuunka Farsameynta Dareenka – Dadka waaweyn (SPD-A)	IRCO 10301 NE Glisan St
	1/19/2019 3:30p – 6:30p	Wada Shaqeynta (WT)	IRCO 10301 NE Glisan St
	2/1/2019 4:30p – 8:00p	Qubeysiga iyo isdifaacidida (B&G)	IRCO 10301 NE Glisan St
	2/2/2019 10:30a – 2:00p	Qubeysiga iyo isdifaacidida (B&G)	IRCO 10301 NE Glisan St
	2/2/2019 3:30p – 7:00p	Qubeysiga iyo isdifaacidida (B&G)	IRCO 10301 NE Glisan St
	2/8/2019 4:30p – 7:30p	La shaqeynta dabeecadaha adag (CB)	IRCO 10301 NE Glisan St
	2/9/2019 11:00a – 2:00p	La shaqeynta dabeecadaha adag (CB)	IRCO 10301 NE Glisan St
	2/9/2019 3:30p – 6:30p	La shaqeynta dabeecadaha adag (CB)	IRCO 10301 NE Glisan St
	2/15/2019 4:30p – 8:30p	Aasaaska Nafaqada (NB)	IRCO 10301 NE Glisan St
	2/16/2019 10:00a – 2:00p	Aasaaska Nafaqada (NB)	IRCO 10301 NE Glisan St
	2/16/2019 3:30p – 7:30p	Aasaaska Nafaqada (NB)	IRCO 10301 NE Glisan St

دورات تدريبية للرعايه المنزليه في اللغة العربية مقدمة من لجنة الرعاية المنزلية في ولاية أوريجون في منطقة بيفرتون. يتم تقديم حصه تدريبيه جديدة كل أسبوعين. فيما يلي جدول الحصص التدريبيه في شهري تموز واب .

مدينة	التاريخ و الوقت	اسم الصنف	موقعك
Portland	1/12/2019 1:00p – 4:00p	خذ المسؤولية في السلامة الشخصية (TRIPS)	IRCO 10301 NE Glisan St
	1/26/2019 1:00p – 4:00p	سلامة الدواء (MedS)	IRCO 10301 NE Glisan St
	2/2/2019 1:00p – 4:00p	أساسيات التغذية (NB)	IRCO 10301 NE Glisan St

## Русский

Курсы на русском языке будут регулярно проводиться в Портленде и его окрестностях, Сейлеме и Вудберне. Ниже приведен график занятий на ноябрь и Декабрь.

Город	число и время класса	название класса	место проведения
Portland	01/09/2019, 2:00p - 5:00p	ТРУДНОЕ ПОВЕДЕНИЕ (CB)	SEIU Local 503 Union Hall 6401 SE Foster Road
	01/22/2019, 5:00p - 8:00p	Осведомленность о злоупотреблении наркотическими веществами (SAA)	SMILE Station 8210 SE 13th Ave
	01/24/2019, 10:00a - 1:00p	МЕДИКАМЕНТОЗНАЯ БЕЗОПАСНОСТЬ (MedS)	SMILE Station, 8210 SE 13th Ave
	01/25/2019, 2:00p - 6:00p	ПРИГОТОВИЛИСЬ, НАШЛИ РАБОТУ, РАБОТАЕМ (RSW)	SEIU Local 503 Union Hall 6401 SE Foster Road
	02/05/2019, 9:30a - 10:30a	Курсы по повышению квалификации число 1 (ENH 1)	SMILE Station, 8210 SE 13th Ave
	02/12/2019, 9:30a - 10:30a	Курсы по повышению квалификации число 2 (ENH 2)	SMILE Station, 8210 SE 13th Ave
	02/15/2019, 11:00a - 2:30p	Protección contra esguinces y torceduras (PASS)	SEIU Local 503 Union Hall 6401 SE Foster Road
	02/19/2019, 5:00p - 7:00p	Профилактика передачи инфекции (PDT)	SEIU Local 503 Union Hall 6401 SE Foster Road
	02/26/2019, 9:30a - 10:30a	Курсы по повышению квалификации число 3 (ENH 3)	SMILE Station, 8210 SE 13th Ave
	02/28/2019, 5:00p - 8:00p	Управление Стрессом n Методики Снятия напряжения (SMART)	SEIU Local 503 Union Hall 6401 SE Foster Road
Salem	01/11/2019, 9:00a - 1:00p	ПРИГОТОВИЛИСЬ, НАШЛИ РАБОТУ, РАБОТАЕМ (RSW)	DHS, 4074 Winema Place NE
	02/22/2019, 12:30p - 4:00p	Купание и гигиена (B&G)	DHS, 4074 Winema Place NE

## Español

Las clases para PSW's y HCW's en español continúan ocurriendo en todas las áreas de Portland Metro y Woodburn. En junio, las clases en español comenzaron a ofrecerse en el condado de Deschutes. A continuación se encuentran las clases de noviembre y diciembre.

Ciudad	Fecha y Hora	Nombre de la Clase	Ubicación de la Clase
Beaverton	01/25/2019, 4:30p - 8:00p	Como actuar de forma profesional (KIP)	Homewood Suites, 15525 NW Gateway Ct
	02/22/2019, 4:30p - 6:30p	Cómo prevenir la transmisión de enfermedades (PDT)	Homewood Suites, 15525 NW Gateway Ct
Hillsboro	01/11/2019, 4:30p - 7:30p	Trabajar juntos (WT)	Holiday Inn Express, 5900 NE Ray Circle
	01/18/2019, 4:30p - 8:00p	Cómo ayudar a los cuidadores a combatir el fraude y el abuso (F&A)	Holiday Inn Express, 5900 NE Ray Circle
	02/01/2019, 4:30p - 7:30p	Cómo ser responsables de nuestra seguridad personal (TRIPS)	Holiday Inn Express, 5900 NE Ray Circle
	02/08/2019, 4:30p - 8:00p	Baño y aseo (B&G)	Holiday Inn Express, 5900 NE Ray Circle
	02/15/2019, 4:30p - 8:00p	Protección contra esguinces y torceduras (PASS)	Holiday Inn Express, 5900 NE Ray Circle

## COMPASS

Communities of Practice And Safety Support, or COMPASS, is a program meant to promote injury prevention and health for Homecare and Personal Support Workers. Over seven (7) sessions, each two (2) weeks apart, a small group of workers learn and share together about health, safety, and work practices. COMPASS members work as a team in collaboration with each other to share best practices and help with problem solving. Each member is expected to participate fully. This is not a class to sit back and listen! Check the Registry for locations and register today!

When signing up for COMPASS, you are **committing to attend all seven sessions**. Attendance to the first session is required in order to attend any other sessions. If the first session is missed, the worker will be cancelled out of the rest of the series. To receive a Certificate of Completion, you must attend at least five of the sessions. You will receive the OHCC Training Stipend for each session, if you meet the criteria. Courses are limited in size, so if you choose to register, do so early. If you are unable to make commit to the participation requirements, then please allow the spot to be used by someone else.



*Starting January and February in:*  
**Albany**  
**Beaverton**  
**Eugene**  
**Medford**

Register now for in-person COMPASS through iLearnOregon with the following link:  
<http://go.usa.gov/xU6D4>

## CPR/First Aid Training

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

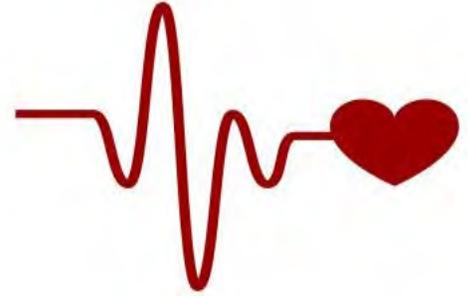
- ✓ An active provider number;
- ✓ Authorized and paid provider hours in any one of three full calendar months before requesting for CPR/First Aid training;
- ✓ Completed a minimum of two Home Care Commission sponsored training classes (excluding Orientation);
- ✓ Attended four additional classes if the Home Care Commission previously paid for CPR/First Aid training since your last certification; and,
- ✓ A no-show rate of 20% or below for attending Home Care Commission training classes.

**IMPORTANT: Prior approval must be received before registering for a CPR/First Aid class. The Home Care Commission will not reimburse providers who pay out of pocket for training classes.**

### To apply:

- ✓ Download an application from the website at: <http://go.usa.gov/xP8qy>
- ✓ Get application form at a training class and turn it in to the trainer, or
- ✓ Send a written request. Provide your name, address, county, phone number, provider number and list the Home Care Commission training classes you have attended. Send the information to the Oregon Home Care Commission using one of the following three options:
  - Mail: ATTN: CPR, Oregon Home Care Commission, Basement Level, 550 Capitol St NE, Salem, OR 97301
  - Email: [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us)
  - Fax: 503.378.5886

You will be contacted with information about how to sign up for CPR / First Aid classes in your area. Requests are processed twice a month, so please allow a few weeks for a response. We do NOT pay a stipend for your time for attending this class.



## Adult Foster Care & Guests

- ✓ Cost: \$15 per class hour. Payment must be paid **prior to** attending class.
- ✓ If you would like to attend a class email [Training.OHCC@dhsosha.state.or.us](mailto:Training.OHCC@dhsosha.state.or.us) at least 14 days before the class.
- ✓ Once OHCC says the class is available in iLearn, register at <https://ilearn.oregon.gov>
- ✓ If you are a new user, click on "Create a New Account". Select "Not a State Employee" as type.
- ✓ To find Home Care Commission classes on iLearn, select Learning Catalog. Search 'OHCC' to find the class you want to attend. Pay for class and print your receipt.
- ✓ Bring your receipt from iLearn to your class. Your instructor will need this to verify you may attend the class.



# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
Albany	01/03/2019, 9:00a 12:00p	Substance Abuse Awareness	DHS Self Sufficiency, 118-SE 2nd Ave
	01/03/2019, 1:30p 4:00p	Caring for Yourself While Caring for Others	DHS Self Sufficiency, 118-SE 2nd Ave
	01/14/2019, 9:00a 12:00p	Dementia 101	DHS Self Sufficiency, 118-SE 2nd Ave
	01/14/2019, 1:30p 4:00p	Introduction to Cultural Competency	DHS Self Sufficiency, 118-SE 2nd Ave
	01/23/2019, 9:00a 12:00p	Working with Challenging Behaviors	Holiday Inn Express and Suites, 105 Opal Court NE
	01/23/2019, 1:30p 4:30p	Sensory Processing Disorder - Children	Holiday Inn Express and Suites, 105 Opal Court NE
	02/01/2019, 12:30p - 4:30p	Ready, Set, Work	Holiday Inn Express and Suites, 105 Opal Court NE
	02/05/2019, 9:30a 11:30a	Preventing Disease Transmission	Phoenix Inn, 3410 Spicer Dr SE
	02/05/2019, 1:00p 4:00p	Sensory Processing Disorder - Adults	Phoenix Inn, 3410 Spicer Dr SE
	02/27/2019, 8:30a 12:00p	Protect Against Sprains & Strains	Holiday Inn Express and Suites, 105 Opal Court NE
	02/27/2019, 1:30p 5:00p	Bathing & Grooming	Holiday Inn Express and Suites, 105 Opal Court NE
	Astoria	02/22/2019, 9:00a 11:30a	Introduction to Cultural Competency
02/22/2019, 1:00p 4:30p		Helping Caregivers Fight Fraud & Abuse	CMH Columbia Center, 2021 Marine Dr/Hwy 30
Baker City	01/09/2019, 10:00a - 1:00p	Working Together	Blue Mountain Community College, 3275 Baker St
	02/13/2019, 10:00a - 12:30p	Caring for Yourself While Caring for Others	Blue Mountain Community College, 3275 Baker St
Beaverton	01/15/2019, 9:30a 10:30a	Enhanced Certification Day 1	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	01/16/2019, 9:30a 10:30a	Enhanced Certification Day 2	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	01/23/2019, 12:30p - 4:30p	Nutrition Basics	Beaverton Community Center, 12350 SW 5th St
	01/25/2019, 12:30p - 3:30p	Sensory Processing Disorder - Children	Beaverton City Library, 12375 SW 5th Street
	01/29/2019, 9:30a 10:30a	Enhanced Certification Day 3	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	01/30/2019, 9:00a 12:00p	Taking Responsibility in Personal Safety	The Griffith Park Building, 4755 SW Griffith Dr
	01/30/2019, 9:30a 10:30a	Enhanced Certification Day 4	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
	01/30/2019, 1:00p 4:00p	Working with Challenging Behaviors	The Griffith Park Building, 4755 SW Griffith Dr
	02/06/2019, 1:00p 4:30p	Diabetes by the Numbers	The Griffith Park Building, 4755 SW Griffith Dr
	02/14/2019, 1:30p 4:30p	Stress Management and Relaxation Techniques	The Griffith Park Building, 4755 SW Griffith Dr
	02/14/2019, 5:00p 8:00p	Diversity Awareness: Challenges Facing LGBT Adults	The Griffith Park Building, 4755 SW Griffith Dr
Bend	01/15/2019, 8:30a 11:30a	Dementia 101	WorkSource, 1645 NE Forbes Rd
	01/15/2019, 1:00p 4:30p	Keeping It Professional	WorkSource, 1645 NE Forbes Rd
	01/16/2019, 8:30a 12:30p	Ready, Set, Work	Red Lion, 1415 NE Third Street
	01/16/2019, 2:00p 5:00p	Sensory Processing Disorder - Children	Red Lion, 1415 NE Third Street

*Continued on next page*

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>Bend</b> <i>continued</i>	02/12/2019, 9:00a 12:00p	Substance Abuse Awareness	DHS APD Office, 1300 NW Wall Street, Suite 102
	02/12/2019, 1:30p 4:00p	Introduction to Cultural Competency	DHS APD Office, 1300 NW Wall Street, Suite 102
	02/13/2019, 8:30a 11:30a	Working with Challenging Behaviors	DHS APD Office, 1300 NW Wall Street, Suite 102
	02/13/2019, 1:00p 3:00p	Preventing Disease Transmission	DHS APD Office, 1300 NW Wall Street, Suite 102
<b>Brookings</b>	01/10/2019, 9:00a 12:30p	Keeping It Professional	WorkSource, 16261 Highway 100
	01/10/2019, 2:00p 4:30p	Introduction to Cultural Competency	WorkSource, 16261 Highway 101
	02/26/2019, 9:30a 12:30p	Working Together	The Events Center, 800 Chetco Avenue
	02/26/2019, 2:00p 4:30p	Caring for Yourself While Caring for Others	The Events Center, 800 Chetco Avenue
<b>Clackamas</b>	01/03/2019, 4:30p 8:00p	Bathing & Grooming	Clackamas Banquet Center, 15815 SE 82nd Drive
	01/10/2019, 5:00p 8:30p	Protect Against Sprains & Strains	Clackamas Banquet Center, 15815 SE 82nd Drive
	01/11/2019, 9:00a 12:00p	Medication Safety	Clackamas Banquet Center, 15815 SE 82nd Drive
	01/11/2019, 1:00p 4:00p	Sensory Processing Disorder - Adults	Clackamas Banquet Center, 15815 SE 82nd Drive
	01/15/2019, 9:00a 12:00p	Working Together	Clackamas Banquet Center, 15815 SE 82nd Drive
	01/15/2019, 1:00p 4:30p	Keeping It Professional	Clackamas Banquet Center, 15815 SE 82nd Drive
	02/01/2019, 9:00a 12:30p	Helping Caregivers Fight Fraud & Abuse	Clackamas Banquet Center, 15815 SE 82nd Drive
	02/01/2019, 1:30p 5:00p	Protect Against Sprains & Strains	Clackamas Banquet Center, 15815 SE 82nd Drive
	02/15/2019, 8:30a 12:30p	Nutrition Basics	Clackamas Banquet Center, 15815 SE 82nd Drive
	02/15/2019, 2:00p 4:30p	Caring for Yourself While Caring for Others	Clackamas Banquet Center, 15815 SE 82nd Drive
	<b>Coos Bay/North Bend</b>	01/24/2019, 12:30p - 4:30p	Everyone Communicates
01/25/2019, 12:30p - 4:00p		Diabetes by the Numbers	South Coast Hospice, 1620 Thompson Rd
01/29/2019, 9:00a 11:30a		Introduction to Cultural Competency	South Coast Hospice, 1620 Thompson Rd
01/29/2019, 1:00p 3:30p		Caring for Yourself While Caring for Others	South Coast Hospice, 1620 Thompson Rd
02/20/2019, 8:30a 12:30p		Ready, Set, Work	Coos Bay Public Library, 525 Anderson Avenue
02/20/2019, 2:00p 4:00p		Preventing Disease Transmission	Coos Bay Public Library, 525 Anderson Avenue
02/21/2019, 8:30a 12:00p		Helping Caregivers Fight Fraud & Abuse	Coos Bay Public Library, 525 Anderson Avenue
02/21/2019, 1:30p 5:00p		Keeping It Professional	Coos Bay Public Library, 525 Anderson Avenue
<b>Eugene/Springfield</b>		01/07/2019, 8:30a 11:30a	Heart Healthy
	01/07/2019, 1:00p 4:30p	Diabetes by the Numbers	EVEN Hotels, 2133 Centennial Plaza
	01/08/2019, 5:30p 8:30p	Working Together	Laurel Hill Center, 2145 Centennial Plaza
<b>Continued on next page</b>	01/10/2019, 10:00a - 12:30p	Caring for Yourself While Caring for Others	EVEN Hotels, 2133 Centennial Plaza

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>Eugene/Springfield</b> <i>continued</i>	01/15/2019, 5:00p 8:30p	Keeping It Professional	Laurel Hill Center, 2145 Centennial Plaza
	01/17/2019, 12:30p - 4:30p	Ready, Set, Work	WorkSource, 2510 Oakmont Way
	01/23/2019, 9:00a 12:30p	Respiratory Care:Oxygen to Ventilators	EVEN Hotels, 2133 Centennial Plaza
	01/23/2019, 12:30p - 4:30p	Everyone Communicates	EVEN Hotels, 2133 Centennial Plaza
	02/06/2019, 12:30p - 3:30p	Substance Abuse Awareness	EVEN Hotels, 2133 Centennial Plaza
	02/07/2019, 9:00a 12:00p	Dementia 101	EVEN Hotels, 2133 Centennial Plaza
	02/07/2019, 1:30p 5:00p	Bathing & Grooming	EVEN Hotels, 2133 Centennial Plaza
	02/12/2019, 5:30p 8:30p	Working with Challenging Behaviors	Laurel Hill Center, 2145 Centennial Plaza
	02/13/2019, 9:30a 12:30p	Medication Safety	EVEN Hotels, 2133 Centennial Plaza
	02/13/2019, 5:30p 8:00p	Introduction to Cultural Competency	Laurel Hill Center, 2145 Centennial Plaza
	<b>Florence</b>	01/18/2019, 1:00p 4:00p	Sensory Processing Disorder - Children
01/23/2019, 9:00a 11:30a		Introduction to Cultural Competency	Florence Events Center, 715 Quince St
01/23/2019, 1:00p 4:00p		Heart Healthy	Florence Events Center, 715 Quince St
02/07/2019, 9:30a 12:30p		Dementia 101	Florence Events Center, 715 Quince St
02/07/2019, 2:00p 5:00p		Substance Abuse Awareness	Florence Events Center, 715 Quince St
02/08/2019, 8:30a 12:30p		Ready, Set, Work	Florence Events Center, 715 Quince St
02/20/2019, 8:30a 12:30p		Nutrition Basics	Florence Events Center, 715 Quince St
02/20/2019, 2:00p 5:30p		Protect Against Sprains & Strains	Florence Events Center, 715 Quince St
02/21/2019, 9:00a 12:30p		Helping Caregivers Fight Fraud & Abuse	Florence Events Center, 715 Quince St
<b>Grants Pass</b>	01/08/2019, 9:30a 12:30p	Dementia 101	APD Office, 2101 NW Hawthorne St
	01/11/2019, 2:00p 4:30p	Introduction to Cultural Competency	APD Office, 2101 NW Hawthorne St
	02/25/2019, 9:00a 12:30p	Bathing & Grooming	AllCare Health, 1701 NE 7th St
	02/28/2019, 9:00a 12:30p	Keeping It Professional	APD Office, 2101 NW Hawthorne St
	02/28/2019, 2:00p 4:30p	Caring for Yourself While Caring for Others	APD Office, 2101 NW Hawthorne St
<b>Gresham</b>	02/05/2019, 12:30p - 4:30p	Ready, Set, Work	East County Health Center, 600 NE 8th St
	02/16/2019, 1:30p 5:00p	Grief & Loss	Sheraton Four Points, 1919 NE 181st Street
	02/25/2019, 1:00p 4:00p	Sensory Processing Disorder - Children	East County Health Center, 600 NE 8th St
<b>Hermiston</b>	01/18/2019, 10:00a - 12:00p	Preventing Disease Transmission	DHS Self Sufficiency, 950 SE Columbia Dr.
	02/07/2019, 8:30a 11:30a	Working Together	DHS Self Sufficiency, 950 SE Columbia Dr.
	02/07/2019, 1:00p 4:00p	Substance Abuse Awareness	DHS Self Sufficiency, 950 SE Columbia Dr.

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>Hillsboro</b>	01/10/2019, 10:00a - 12:00p	Preventing Disease Transmission	Holiday Inn Express, 5900 NE Ray Circle
	01/10/2019, 1:00p 4:30p	Keeping It Professional	Holiday Inn Express, 5900 NE Ray Circle
	01/23/2019, 10:00a - 12:30p	Caring for Yourself While Caring for Others	Holiday Inn Express, 5900 NE Ray Circle
	01/23/2019, 1:30p 5:00p	Bathing & Grooming	Holiday Inn Express, 5900 NE Ray Circle
	01/28/2019, 1:00p 4:00p	Substance Abuse Awareness	DHS APD Office, 5240 NE Elam Young Parkway
	02/04/2019, 12:30p - 4:30p	Ready, Set, Work	DHS APD Office, 5240 NE Elam Young Parkway
	02/06/2019, 1:00p 4:30p	Helping Caregivers Fight Fraud & Abuse	Holiday Inn Express, 5900 NE Ray Circle
	02/07/2019, 5:00p 7:30p	Introduction to Cultural Competency	Holiday Inn Express, 5900 NE Ray Circle
	02/15/2019, 9:00a 12:30p	Bathing & Grooming	DHS APD Office, 5240 NE Elam Young Parkway
	02/15/2019, 2:00p 4:00p	Preventing Disease Transmission	DHS APD Office, 5240 NE Elam Young Parkway
	<b>Klamath Falls</b>	01/14/2019, 9:00a 12:00p	Dementia 101
01/14/2019, 1:30p 4:30p		Sensory Processing Disorder - Children	Klamath CDDP Office, 3328 Vandenberg Ave
01/15/2019, 9:30a 12:00p		Introduction to Cultural Competency	Klamath CDDP Office, 3328 Vandenberg Ave
02/25/2019, 9:30a 12:30p		Working with Challenging Behaviors	Klamath CDDP Office, 3328 Vandenberg Ave
02/25/2019, 2:00p 4:30p		Caring for Yourself While Caring for Others	Klamath CDDP Office, 3328 Vandenberg Ave
02/26/2019, 9:30a 12:30p		Diversity Awareness: Challenges Facing LGBT Adult	Klamath CDDP Office, 3328 Vandenberg Ave
<b>La Grande</b>	01/10/2019, 10:00a - 12:30p	Caring for Yourself While Caring for Others	WorkSource, 1901 Adams Ave Suite 4
	01/10/2019, 2:00p 4:00p	Preventing Disease Transmission	WorkSource, 1901 Adams Ave Suite 5
	02/05/2019, 9:00a 11:30a	Introduction to Cultural Competency	DHS APD Office, 1607 Gekeler Lane
	02/05/2019, 1:00p 4:30p	Bathing & Grooming	DHS APD Office, 1607 Gekeler Lane
<b>Lincoln City</b>	2/19/2019 10:30a - 1:30p	Sensory Processing Disorder - Children	Driftwood Public Library 801 S.W. Highway 101
	2/19/2019 3:00p 6:00p	Working with Challenging Behaviors	Driftwood Public Library 801 S.W. Highway 101
	2/20/2020 10:30a - 2:00p	Keeping It Professional	Driftwood Public Library 801 S.W. Highway 101
<b>Madras</b>	01/17/2019, 9:30a 12:00p	Caring for Yourself While Caring for Others	COCC, 1170 E Ashwood Road
	01/17/2019, 1:30p 4:30p	Working Together	COCC, 1170 E Ashwood Road
	02/14/2019, 8:30a 11:30a	Stress Management and Relaxation Techniques	COCC, 1170 E Ashwood Road
	02/14/2019, 1:00p 4:00p	Medication Safety	COCC, 1170 E Ashwood Road
<b>McMinnville</b>	01/31/2019, 9:00a 12:30p	Helping Caregivers Fight Fraud & Abuse	Red Lion Inn, 2535 NE Cumulus
	01/31/2019, 2:00p 4:30p	Caring for Yourself While Caring for Others	Red Lion Inn, 2535 NE Cumulus
<b>Continued on next page</b>	02/19/2019, 9:30a 12:30p	Sensory Processing Disorder - Children	Red Lion Inn, 2535 NE Cumulus

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>McMinnville <i>continued</i></b>	02/25/2019, 9:30a 12:30p	Durable Medical Equipment	Red Lion Inn, 2535 NE Cumulus
<b>Meford</b>	01/10/2019, 9:00a 12:00p	Dementia 101	WorkSource, 119 N Oakdale Ave
	01/10/2019, 1:30p 4:00p	Introduction to Cultural Competency	WorkSource, 119 N Oakdale Ave
	01/23/2019, 9:30a 12:30p	Taking Responsibility in Personal Safety	Ramada Hotel & Conference Center, 2250 Biddle Road
	01/23/2019, 2:00p 5:00p	Medication Safety	Ramada Hotel & Conference Center, 2250 Biddle Road
	01/29/2019, 1:00p 4:00p	Sensory Processing Disorder - Adults	Smullin Education Center, 2825 E Barnett Road
	01/30/2019, 1:00p 4:00p	Working with Challenging Behaviors	Smullin Education Center, 2825 E Barnett Road
	02/04/2019, 12:30p - 4:30p	Ready, Set, Work	Smullin Education Center, 2825 E Barnett Road
	02/05/2019, 1:30p 4:00p	Caring for Yourself While Caring for Others	Ramada Hotel & Conference Center, 2250 Biddle Road
	02/19/2019, 1:30p 4:00p	Introduction to Cultural Competency	Ramada Hotel & Conference Center, 2250 Biddle Road
	02/21/2019, 9:30a 11:30a	Preventing Disease Transmission	Ramada Hotel & Conference Center, 2250 Biddle Road
	02/21/2019, 1:00p 4:30p	Protect Against Sprains & Strains	Ramada Hotel & Conference Center, 2250 Biddle Road
	02/27/2019, 1:00p 4:00p	Heart Healthy	Smullin Education Center, 2825 E Barnett Road
	02/28/2019, 12:30p - 4:00p	Helping Caregivers Fight Fraud & Abuse	Ramada Hotel & Conference Center, 2250 Biddle Road
	<b>Newberg</b>	01/04/2019, 9:00a 12:00p	Stress Management and Relaxation Techniques
01/04/2019, 1:30p 4:30p		Substance Abuse Awareness	Chehalem Park and Rec, 125 S. Elliott Road
02/13/2019, 8:30a 11:30a		Working with Challenging Behaviors	Chehalem Park and Rec, 125 S. Elliott Road
02/13/2019, 1:00p 4:30p		Keeping It Professional	Chehalem Park and Rec, 125 S. Elliott Road
<b>Newport</b>	01/28/2019, 10:00a - 1:30p	Keeping It Professional	Samaritan Center for Health Education, 740 SW 9th St
	01/29/2019, 9:00a 12:00p	Dementia 101	Samaritan Center for Health Education, 740 SW 9th St
	01/29/2019, 1:30p 5:00p	Bathing & Grooming	Samaritan Center for Health Education, 740 SW 9th St
<b>Ontario</b>	01/08/2019, 8:30a 12:30p	Ready, Set, Work	DHS APD Office, 186 East Lane, Suite 4
	01/08/2019, 2:00p 4:30p	Introduction to Cultural Competency	DHS APD Office, 186 East Lane, Suite 5
	02/12/2019, 10:00a - 12:00p	Preventing Disease Transmission	DHS APD Office, 186 East Lane, Suite 6
	02/12/2019, 1:30p 4:30p	Working with Challenging Behaviors	DHS APD Office, 186 East Lane, Suite 7
<b>Pendleton</b>	01/17/2019, 9:00a 11:30a	Introduction to Cultural Competency	DHS APD Office, 1555 Southgate
	01/17/2019, 1:00p 4:00p	Sensory Processing Disorder - Children	DHS APD Office, 1555 Southgate
	02/06/2019, 1:30p 4:00p	Caring for Yourself While Caring for Others	DHS APD Office, 1555 Southgate
<b>Portland</b>	01/25/2019, 9:30a 12:00p	Introduction to Cultural Competency	East County Family Service Center, 11826 NE Glisan St
	<b><i>Continued on next page</i></b> 01/25/2019, 1:00p 4:30p	Helping Caregivers Fight Fraud & Abuse	East County Family Service Center, 11826 NE Glisan St

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>Portland</b> <i>continued</i>	01/31/2019, 8:30a 11:30a	Diversity Awareness: Challenges Facing LGBT Adult	East County Family Service Center, 11826 NE Glisan St
	01/31/2019, 1:00p 4:30p	Protect Against Sprains & Strains	East County Family Service Center, 11826 NE Glisan St
	02/07/2019, 1:00p 4:00p	Working with Challenging Behaviors	East County Family Service Center, 11826 NE Glisan St
<b>Roseburg</b>	01/08/2019, 8:30a 12:30p	Ready, Set, Work	SORB, 2930 NE Stephens St
	01/08/2019, 2:00p 4:30p	Introduction to Cultural Competency	SORB, 2930 NE Stephens St
	01/09/2019, 8:30a 11:30a	Stress Management and Relaxation Techniques	WorkSource, 846 SE Pine Street
	01/09/2019, 1:00p 3:30p	Caring for Yourself While Caring for Others	WorkSource, 846 SE Pine Street
	02/12/2019, 9:00a 12:00p	Heart Healthy	SORB, 2930 NE Stephens St
	02/12/2019, 1:30p 4:30p	Medication Safety	SORB, 2930 NE Stephens St
	02/20/2019, 8:30a 12:30p	Nutrition Basics	WorkSource, 846 SE Pine Street
	02/20/2019, 2:00p 5:00p	Sensory Processing Disorder - Children	WorkSource, 846 SE Pine Street
	02/21/2019, 9:00a 12:00p	Substance Abuse Awareness	WorkSource, 846 SE Pine Street
	<b>Salem</b>	01/04/2019, 12:30p - 3:30p	Dementia 101
01/15/2019, 9:30a 12:00p		Introduction to Cultural Competency	Day's Inn Black Bear, 1600 Motor Ct NE
01/15/2019, 1:30p 4:00p		Caring for Yourself While Caring for Others	Day's Inn Black Bear, 1600 Motor Ct NE
01/17/2019, 9:30a 10:30a		Enhanced Certification Day 3	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
01/18/2019, 9:30a 10:30a		Enhanced Certification Day 4	Register in iLearnOregon <a href="https://go.usa.gov/xUHgs">https://go.usa.gov/xUHgs</a>
01/22/2019, 12:30p - 4:30p		Everyone Communicates	DHS, 4074 Winema Place NE
01/25/2019, 12:30p - 4:30p		Ready, Set, Work	Cherry Ave Training Center, 3414 Cherry Ave NE
01/29/2019, 9:30a 12:30p		Working Together	DHS, 4074 Winema Place NE
02/11/2019, 1:00p 4:30p		Bathing & Grooming	DHS, 4074 Winema Place NE
02/12/2019, 8:30a 11:30a		Substance Abuse Awareness	DHS, 4074 Winema Place NE
02/12/2019, 1:00p 4:00p		Sensory Processing Disorder - Adults	DHS, 4074 Winema Place NE
02/25/2019, 9:00a 12:00p		Working with Challenging Behaviors	Cherry Ave Training Center, 3414 Cherry Ave NE
02/25/2019, 1:30p 4:00p		Introduction to Cultural Competency	Cherry Ave Training Center, 3414 Cherry Ave NE
<b>St. Helens</b>		01/07/2019, 1:00p 4:00p	Substance Abuse Awareness
	01/16/2019, 12:30p - 4:30p	Ready, Set, Work	APD Office, 500 N Columbia River Hwy
	02/19/2019, 1:00p 4:30p	Helping Caregivers Fight Fraud & Abuse	APD Office, 500 N Columbia River Hwy
	02/20/2019, 12:30p - 4:00p	Diabetes by the Numbers	APD Office, 500 N Columbia River Hwy
<b>The Dalles</b> <i>Continued on next page</i>	01/03/2019, 1:00p 4:00p	Stress Management and Relaxation Techniques	DHS APD Office, 3641 Klindt Drive

# CLASS LIST BY CITY

City	Date & Time	Class Name	Location
<b>The Dalles</b> <i>continued</i>	01/04/2019, 9:30a 12:00p	Introduction to Cultural Competency	DHS APD Office, 3641 Klindt Drive
	02/27/2019, 8:30a 12:00p	Keeping It Professional	DHS APD Office, 3641 Klindt Drive
	02/27/2019, 1:30p 4:00p	Caring for Yourself While Caring for Others	DHS APD Office, 3641 Klindt Drive
<b>Tillamook</b>	01/08/2019, 8:30a 12:00p	Bathing & Grooming	Airport FBO, 5005 Hwy 101 South
	01/08/2019, 1:30p 4:30p	Diversity Awareness: Challenges Facing LGBT Adult	Airport FBO, 5005 Hwy 101 South
	02/21/2019, 9:30a 12:00p	Caring for Yourself While Caring for Others	Airport FBO, 5005 Hwy 101 South
	02/21/2019, 1:30p 5:00p	Protect Against Sprains & Strains	Airport FBO, 5005 Hwy 101 South
<b>Woodburn</b>	02/28/2019, 12:30p - 4:30p	Ready, Set, Work	DHS Training Center, 120 E. Lincoln Street

## New Courses Starting January 2019!

OHCC will be training two new classes throughout Oregon as of January 2019. “Introduction to Cultural Competency” (ICC) and “Caring for Yourself While Caring for Others” (C4Y) offer participants an interactive workshop environment. Each course is designed around engaging, reflective activities to better facilitate and strengthen participants’ learning. Read more about each class below.

### **Introduction to Cultural Competency – ICC – 2.5 hours**

In this introductory course, learn about the impact culture and cultural competency have on delivering person-centered supports. Through engaging activities, participants explore how they understand their own personal culture and ways it guides their thinking and behaviors.

### **Caring for Yourself While Caring for Others – C4Y – 2.5 hours**

Designed by the Department of Health and Human Services Center for Disease Control’s (CDC) National Institute for Occupational Safety and Health (NIOSH) and the Occupational Safety and Health Administration (OSHA), the course is meant to assist providers in more fully developing their communication skills with the individual the support. Activities center around participants practicing new skills to promote a safe and healthy work-environment – for the individual support and themselves.

# TRAINING AT-A-GLANCE      JANUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> <b>HAPPY NEW YEAR!</b>	<b>2</b>	<b>3</b> <b>Albany</b> SAA 9:00a - 12:00p C4Y 1:30p - 4:00p <b>Clackamas</b> B&G 4:30p - 8:00p <b>The Dalles</b> SMART 1:00p - 4:00p	<b>4</b> <b>Newberg</b> SMART 9:00a - 12:00p SAA 1:30p - 4:30p <b>Portland</b> TRIPS (Somali) 4:30p – 7:30p <b>Salem</b> DEM101 12:30p - 3:30p <b>The Dalles</b> ICC 9:30a - 12:00p	<b>5</b> <b>Portland</b> TRIPS (Somali) 11:00a – 2:00p KIP (Somali) 3:30p - 7:00p
<b>6</b>	<b>7</b> <b>Eugene/Springfield</b> HH 8:30a - 11:30a DBN 1:00p - 4:30p <b>St. Helens</b> SAA 1:00p - 4:00p	<b>8</b> <b>Eugene/Springfield</b> WT 5:30p - 8:30p <b>Grants Pass</b> DEM101 9:30a - 12:30p <b>Ontario</b> RSW 8:30a - 12:30p ICC 2:00p - 4:30p <b>Roseburg</b> RSW 8:30a - 12:30p ICC 2:00p - 4:30p <b>Tillamook</b> B&G 8:30a - 12:00p LGBT 1:30p - 4:30p	<b>9</b> <b>Baker City</b> WT 10:00a - 1:00p <b>Portland</b> CB (Russian) 2:00p - 5:00p <b>Roseburg</b> SMART 8:30a - 11:30a C4Y 1:00p - 3:30p	<b>10</b> <b>Brookings</b> KIP 9:00a - 12:30p ICC 2:00p - 4:30p <b>Clackamas</b> PASS 5:00p - 8:30p <b>Eugene/Springfield</b> C4Y 10:00a - 12:30p <b>Hillsboro</b> PDT 10:00a - 12:00p KIP 1:00p - 4:30p <b>La Grande</b> C4Y 10:00a - 12:30p PDT 2:00p - 4:00p <b>Medford</b> DEM101 9:00a - 12:00p ICC 1:30p - 4:00p	<b>11</b> <b>Clackamas</b> MedS 9:00a - 12:00p SPD-A 1:00p - 4:00p <b>Grants Pass</b> ICC 2:00p - 4:30p <b>Hillsboro</b> WT (Spanish) 4:30p - 7:30p <b>Portland</b> MedS (Somali) 4:30p – 7:30p <b>Salem</b> RSW (Russian) 9:00a - 1:00p	<b>12</b> <b>Portland</b> TRIPS (Arabic) 1:00p – 4:00p MedS (Somali) 11:00a – 2:00p F&A (Somali) 3:30p - 7:00p
<b>13</b>	<b>14</b> <b>Albany</b> DEM101 9:00a - 12:00p ICC 1:30p - 4:00p <b>Klamath Falls</b> DEM101 9:00a - 12:00p SPD-C 1:30p - 4:30p	<b>15</b> <b>Beaverton</b> ENH-1 9:30a - 4:30p <b>Bend</b> DEM101 8:30a - 11:30a KIP 1:00p - 4:30p <b>Clackamas</b> WT 9:00a - 12:00p KIP 1:00p - 4:30p <b>Eugene/Springfield</b> KIP 5:00p - 8:30p <b>Klamath Falls</b> ICC 9:30a - 12:00p <b>Salem</b> ICC 9:30a - 12:00p C4Y 1:30p - 4:00p	<b>16</b> <b>Beaverton</b> ENH-2 9:30a - 4:30p <b>Bend</b> RSW 8:30a - 12:30p SPD-C 2:00p - 5:00p <b>St. Helens</b> RSW 12:30p - 4:30p	<b>17</b> <b>Eugene/Springfield</b> RSW 12:30p - 4:30p <b>Madras</b> C4Y 9:30a - 12:00p WT 1:30p - 4:30p <b>Pendleton</b> ICC 9:00a - 11:30a SPD-C 1:00p - 4:00p <b>Salem</b> ENH-3 9:30a - 4:30p	<b>18</b> <b>Florence</b> SPD-C 1:00p - 4:00p <b>Hermiston</b> PDT 10:00a - 12:00p <b>Hillsboro</b> F&A (Spanish) 4:30p - 8:00p <b>Portland</b> SPD-A (Somali) 4:30p - 7:30p <b>Salem</b> ENH-4 9:30a - 10:30a	<b>19</b> <b>Portland</b> SPD-A (Somali) 11:00a - 2:00p WT (Somali) 3:30p - 6:30p
<b>20</b>	<b>21</b>	<b>22</b> <b>Portland</b> SAA (Russian) 5:00p - 8:00p <b>Salem</b> EC 12:30p - 4:30p	<b>23</b> <b>Albany</b> CB 9:00a - 12:00p SPD-C 1:30p - 4:30p <b>Beaverton</b> NB 12:30p - 4:30p <b>Eugene/Springfield</b> RC 9:00a - 12:30p EC 12:30p - 4:30p <b>Florence</b> ICC 9:00a - 11:30a HH 1:00p - 4:00p <b>Hillsboro</b> C4Y 10:00a - 12:30p B&G 1:30p - 5:00p <b>Medford</b> MedS 2:00p - 5:00p TRIPS 9:30a - 12:30p	<b>24</b> <b>Coos Bay/North Bend</b> EC 12:30p - 4:30p <b>Portland</b> MedS (Russian) 10:00a - 1:00p	<b>25</b> <b>Beaverton</b> SPD-C 12:30p - 3:30p KIP (Spanish) 4:30p - 8:00p <b>Coos Bay/North Bend</b> DBN 12:30p - 4:00p <b>Portland</b> ICC 9:30a - 12:00p F&A 1:00p - 4:30p RSW (Russian) 2:00p - 6:00p <b>Salem</b> RSW 12:30p - 4:30p	<b>26</b> <b>Portland</b> MedS (Arabic) 1:00p – 4:00p

# TRAINING AT-A-GLANCE      JANUARY 2019

<b>27</b>	<b>28 Hillsboro</b> SAA 1:00p - 4:00p <b>Newport</b> KIP 10:00a - 1:30p	<b>29 Beaverton</b> ENH-3 9:30a - 4:30p <b>Coos Bay/North Bend</b> ICC 9:00a - 11:30a C4Y 1:00p - 3:30p <b>Medford</b> SPD-A 1:00p - 4:00p <b>Newport</b> DEM101 9:00a - 12:00p B&G 1:30p - 5:00p <b>Salem</b> WT 9:30a - 12:30p	<b>30 Beaverton</b> ENH-4 9:30a - 4:30p TRIPS 9:00a - 12:00p CB 1:00p - 4:00p <b>Medford</b> CB 1:00p - 4:00p	<b>31 McMinnville</b> F&A 9:00a - 12:30p C4Y 2:00p - 4:30p <b>Portland</b> LGBT 8:30a - 11:30a PASS 1:00p - 4:30p		
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## Have you updated your profile in the Registry recently?

An up to date profile let's a potential consumer-employer know more about you up front. Demonstrating honesty and clear communication; increasing the likelihood of an interview. If you're looking for work, be sure to log in every 30 days. If you don't, your status will automatically change to "unavailable" and you will not appear on a consumer-employer's list.

# TRAINING AT-A-GLANCE      FEBRUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
					<b>1 Albany</b> RSW 12:30p - 4:30p <b>Clackamas</b> F&A 9:00a - 12:30p PASS 1:30p - 5:00p <b>Hillsboro</b> TRIPS (Spanish) 4:30p - 7:30p <b>Portland</b> B&G (Somali) 4:30p - 8:00p	<b>2 Portland</b> NB (Arabic) 1:00p - 4:00p B&G (Somali) 10:30a - 2:00p B&G (Somali) 3:30p - 7:00p
<b>3</b>	<b>4 Hillsboro</b> RSW 12:30p - 4:30p <b>Medford</b> RSW 12:30p - 4:30p	<b>5 Albany</b> PDT 9:30a - 11:30a SPD (Russian) 1:00p - 4:00p <b>Gresham</b> RSW 12:30p - 4:30p <b>La Grande</b> ICC 9:00a - 11:30a B&G 1:00p - 4:30p <b>Medford</b> C4Y 1:30p - 4:00p <b>Portland</b> ENH-1 (Russian) 9:30a - 10:30a	<b>6 Beaverton</b> DBN 1:00p - 4:30p <b>Eugene/Springfield</b> SAA 12:30p - 3:30p <b>Hillsboro</b> F&A 1:00p - 4:30p <b>Pendleton</b> C4Y 1:30p - 4:00p	<b>7 Eugene/Springfield</b> DEM101 9:00a - 12:00p B&G 1:30p - 5:00p <b>Florence</b> DEM101 9:30a - 12:30p SAA 2:00p - 5:00p <b>Hermiston</b> WT 8:30a - 11:30a SAA 1:00p - 4:00p <b>Hillsboro</b> ICC 5:00p - 7:30p <b>Portland</b> CB 1:00p - 4:00p	<b>8 Florence</b> RSW 8:30a - 12:30p <b>Hillsboro</b> B&G (Spanish) 4:30p - 8:00p <b>Portland</b> CB (Somali) 4:30p - 7:30p	<b>9 Portland</b> CB (Somali) 11:00a - 2:00p CB (Somali) 3:30p - 6:30p

# TRAINING AT-A-GLANCE      FEBRUARY 2019

<b>10</b>	<b>11 Salem</b> B&G 1:00p - 4:30p	<b>12 Bend</b> SAA 9:00a - 12:00p ICC 1:30p - 4:00p <b>Eugene/Springfield</b> CB 5:30p - 8:30p <b>Ontario</b> PDT 10:00a - 12:00p CB 1:30p - 4:30p <b>Portland</b> ENH-2 (Russian) 9:30a - 10:30a <b>Roseburg</b> HH 9:00a - 12:00p MedS 1:30p - 4:30p <b>Salem</b> SAA 8:30a - 11:30a SPD-A 1:00p - 4:00p	<b>13 Baker City</b> C4Y 10:00a - 12:30p <b>Bend</b> CB 8:30a - 11:30a PDT 1:00p - 3:00p <b>Eugene/Springfield</b> MedS 9:30a - 12:30p ICC 5:30p - 8:00p <b>Newberg</b> CB 8:30a - 11:30a KIP 1:00p - 4:30p	<b>14 Beaverton</b> SMART 1:30p - 4:30p LGBT 5:00p - 8:00p <b>Madras</b> SMART 8:30a - 11:30a MedS 1:00p - 4:00p	<b>15 Clackamas</b> NB 8:30a - 12:30p C4Y 2:00p - 4:30p <b>Hillsboro</b> B&G 9:00a - 12:30p PDT 2:00p - 4:00p PASS (Spanish) 4:30p - 8:00p <b>Portland</b> PASS (Russian) 11:00a - 2:30p NB (Somali) 4:30p - 8:30p	<b>16 Gresham</b> G&L 1:30p - 5:00p <b>Portland</b> NB (Somali) 10:00a - 2:00p NB (Somali) 3:30p - 7:30p
<b>17</b>	<b>18</b>	<b>19 McMinnville</b> SPD-C 9:30a - 12:30p <b>Medford</b> ICC 1:30p - 4:00p <b>Portland</b> PDT (Russian) 5:00p - 7:00p <b>St. Helens</b> F&A 1:00p - 4:30p	<b>20 Coos Bay/North Bend</b> RSW 8:30a - 12:30p PDT 2:00p - 4:00p <b>Florence</b> NB 8:30a - 12:30p PASS 2:00p - 5:30p <b>Roseburg</b> NB 8:30a - 12:30p SPD-C 2:00p - 5:00p <b>St. Helens</b> DBN 12:30p - 4:00p	<b>21 Coos Bay/North Bend</b> F&A 8:30a - 12:00p KIP 1:30p - 5:00p <b>Florence</b> F&A 9:00a - 12:30p <b>Medford</b> PDT 9:30a - 11:30a PASS 1:00p - 4:30p <b>Roseburg</b> SAA 9:00a - 12:00p <b>Tillamook</b> C4Y 9:30a - 12:00p PASS 1:30p - 5:00p	<b>22 Astoria</b> ICC 9:00a - 11:30a F&A 1:00p - 4:30p <b>Beaverton</b> PDT (Spanish) 4:30p - 6:30p <b>Salem</b> B&G (Russian) 12:30p - 4:00p	<b>23</b>
<b>24</b>	<b>25 Grants Pass</b> B&G 9:00a - 12:30p <b>Gresham</b> SPD-C 1:00p - 4:00p <b>Klamath Falls</b> CB 9:30a - 12:30p C4Y 2:00p - 4:30p <b>McMinnville</b> DME 9:30a - 12:30p <b>Salem</b> CB 9:00a - 12:00p ICC 1:30p - 4:00p	<b>26 Brookings</b> WT 9:30a - 12:30p C4Y 2:00p - 4:30p <b>Klamath Falls</b> LGBT 9:30a - 12:30p <b>Portland</b> ENH-3 (Russian) 9:30a - 10:30a	<b>27 Albany</b> PASS 8:30a - 12:00p B&G 1:30p - 5:00p <b>Medford</b> HH 1:00p - 4:00p <b>The Dalles</b> KIP 8:30a - 12:00p C4Y 1:30p - 4:00p	<b>28 Grants Pass</b> KIP 9:00a - 12:30p C4Y 2:00p - 4:30p <b>Medford</b> F&A 12:30p - 4:00p <b>Portland</b> SMART (Russian) 5:00p - 8:00p <b>Woodburn</b> RSW 12:30p - 4:30p		

## SAVE TIME. REGISTER ONLINE!

You can self-register for most classes. Login to the Registry and try today. <https://or-hcc.org>

For more information on how to use the Registry visit this webpage: <https://go.usa.gov/xQbgC>

## Class Abbreviations

<b>B&amp;G:</b> Bathing & Grooming	<b>F&amp;A:</b> Fraud & Abuse	<b>PASS:</b> Protect Against Sprains & Strains	<b>TRIPS:</b> Taking Responsibility in Personal Safety
<b>C4Y:</b> Caring for Yourself While Caring for Others	<b>G&amp;L:</b> Grief & Loss	<b>PDT:</b> Preventing Disease Transmission	<b>WT:</b> Working Together
<b>CB:</b> Challenging Behaviors	<b>HH:</b> Heart Healthy	<b>RC:</b> Respiratory Care	
<b>DEM 101:</b> Dementia 101	<b>ICC:</b> Introduction to Cultural Competency	<b>RSW:</b> Ready, Set, Work!	<b>-ARA:</b> Arabic
<b>DBN:</b> Diabetes by the Numbers	<b>KIP:</b> Keeping it Professional	<b>SAA:</b> Substance Abuse Awareness	<b>-SOM:</b> Somali
<b>DME:</b> Durable Medical Equipment	<b>LGBT:</b> Diversity Awareness-Challenges Facing Lesbian, Gay, Bisexual, and Transgender Adults	<b>SPD-A:</b> Sensory Processing Disorder-Adults	<b>-SPN:</b> Spanish
<b>EC:</b> Everyone Communicates	<b>MedS:</b> Medication Safety	<b>SPD-C:</b> Sensory Processing Disorder-Children	<b>-RUS:</b> Russian
<b>EoL:</b> End of Life	<b>NB:</b> Nutrition Basics	<b>SMART:</b> Stress Management and Relaxation Techniques	<b>-VIE:</b> Vietnamese

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**Did you know...**

**The OHCC offers a *Quick Guide* for using the Registry?**

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