



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

MAY 2011

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.

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

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

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 training pay. Please allow 6 weeks to receive payment. 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.

Workers are paid for attending the same class only **once** in 12 months, whether complete or incomplete.

Please call to cancel if you cannot attend a training. 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

Find our newsletter at our website:
<http://www.oregon.gov/DHS/spd/adv/hcc/training.shtml>

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

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	Thursday, June 23 9:00 – 12:30	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Astoria	Saturday, June 4 9:00 – 12:30	Holiday Inn Express 204 W Marine Drive
Clackamas	Tuesday, May 24 1:30 – 5:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside, enter from rear lot on freeway side)</i>
Coos Bay	Friday, June 3 1:30 – 5:00	South Coast Hospice 1610 Thompson Road
Corvallis	Thursday, May 12 9:00 – 12:30	Holiday Inn Express on the River 781 NE 2nd
Eugene / Springfield	Friday, May 6 9:00 – 12:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Grants Pass	Thursday, May 5 2:00 – 5:30	Club Northwest 2160 NW Vine
Hillsboro	Saturday, May 14 9:00 – 12:30	Farmhouse Restaurant at Comfort Inn 3500 NE Cornell Road
Ontario	Saturday, May 28 9:30 – 1:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Monday, June 13 12:00 – 3:30	Friendship Masonic Lodge 5626 NE Alameda Street <i>(at NE Sandy & 57th)</i>
Roseburg	Thursday, June 23 9:00 – 12:30	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>
Salem	Saturday, June 18 9:00 – 12:30	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

PROFESSIONAL DEVELOPMENT RECOGNITION

You may be eligible to earn a pin or key chain to recognize your commitment to training. To request an application, call us at 1-877-867-0077 option #2.

Congratulations to these workers who have recently earned this award:

Debra Kimmel, Tangent

Debra Maul, Clatskanie

Julie Ramsey, Grants Pass

Ursula Sperry, Wilsonville

Check out all our recipients on the OHCC website.

BLINDNESS & LOW VISION – 3 hours

An over view 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
Coos Bay	Friday, June 3 9:00 – 12:00	South Coast Hospice 1610 Thompson Road
Oregon City	Friday, May 6 9:00 – 12:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>

CHALLENGING BEHAVIORS – 3 hours

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

City	Date/Time	Location
Baker City	Thursday, May 26 2:30 – 5:30	Best Western 1 Sunridge Lane
Hillsboro	Saturday, June 11 2:00 – 5:00	Holiday Inn Express 5900 NE Ray Circle <i>(S of Cornell Rd near Orenco Station)</i>
Ontario	Friday, May 27 2:00 – 5:00	Four Rivers Cultural Center 676 SW 5th Avenue
Pendleton	Saturday, June 25 2:00 – 5:00	Red Lion Hotel 304 SE Nye Avenue <i>(at exit 210)</i>
Portland	Tuesday, May 17 12:30 – 3:30	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>

DEMENTIA & ALZHEIMER’S – 4 hours

Joyce Beedle, RN, BSN, is a nationally-known expert on Alzheimer’s and dementia. You’ll learn early signs of dementia, the progression of Alzheimer’s disease, and practical tips for daily care

City	Date/Time	Location
Albany	Monday, June 6 12:00 – 4:00	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Astoria	Wednesday, June 8 5:00 – 9:00	Holiday Inn Express 204 W Marine Drive
Bend	Friday, May 13 8:30 – 12:30	Phoenix Inn 300 NW Franklin
Klamath Falls	Thursday, May 12 8:30 – 12:30	Elmer’s restaurant 3030 South 6 th
Oregon City	Friday, May 6 1:30 – 5:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>

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DIABETES BY THE NUMBERS – 3.5 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	Saturday, May 7 9:00 – 12:30	Holiday Inn Express 204 W Marine Drive
Grants Pass	Thursday, June 16 1:00 – 4:30	Guild Building - The Board Room 1867 Williams Highway
Gresham	Tuesday, May 3 1:30 – 5:00	Multnomah Co East – Blue Lake Room 600 NE 8th
Klamath Falls	Wednesday, June 15 9:00 – 12:30	Klamath Community College Building 4 – Room 415 7390 S 6th Street
Lincoln City	Thursday, May 5 1:00 – 4:30	Surftides 2945 NW Jetty (<i>turn down NW 30th</i>)
Portland	Wednesday, May 25 1:00 – 4:30	Friendship Masonic Lodge 5626 NE Alameda Street (<i>Sandy & 57th</i>)
Portland	Wednesday, May 25 5:30 – 9:00	Friendship Masonic Lodge 5626 NE Alameda Street (<i>Sandy & 57th</i>)
Tigard	Monday, June 13 5:00 – 8:30	Embassy Suites Washington Square 9000 SW Washington Square Road

DURABLE MEDICAL EQUIPMENT – 3 hours

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

City	Date/Time	Location
Albany	Friday, June 10 9:00 – 12:00	Phoenix Inn 3410 Spicer Drive SE (<i>at Exit 233</i>)
Baker City	Wednesday, May 11 12:00 – 3:00	Best Western 1 Sunridge Lane
Coos Bay / North Bend	Monday, May 23 11:00 – 2:00	Mill Casino 3201 Tremont Avenue, North Bend
Gladstone	Wednesday, June 8 1:00 – 4:00	Oxford Suites 75 82nd Drive (<i>I-205 at Exit 11</i>)
John Day	Saturday, May 14 9:00 – 12:00	Outpost Pizza 201 W Main Street
La Grande	Thursday, May 12 12:00 – 3:00	Blue Mountain Conference Center 404 12th Street
Ontario	Monday, May 9 9:00 – 12:00	Four Rivers Cultural Center 676 SW 5th Avenue
Portland	Monday, June 6 9:00 – 12:00	Holiday Inn Express 2333 NW Vaughn Street (<i>at West end of Fremont Bridge</i>)
Portland	Monday, June 6 2:00 – 5:00	Holiday Inn Express 2333 NW Vaughn Street

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	Friday, June 17 1:00 – 5:00	South Coast Hospice 1610 Thompson Road
Eugene / Springfield	Sunday, June 19 12:00 – 4:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Eugene / Springfield	Monday, June 20 9:00 – 1:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Florence	Saturday, June 18 1:30 – 5:30	Florence Events Center 715 Quince Street
Gladstone	Wednesday, June 1 4:30 – 8:30	Oxford Suites 75 82nd Drive <i>(I-205 at Exit 11, shares Safeway lot)</i>
Hillsboro	Tuesday, June 7 9:00 – 1:00	Holiday Inn Express 5900 NE Ray Circle <i>(S of Cornell Rd near Orenco Station)</i>
La Grande	Saturday, May 21 8:30 – 12:30	Blue Mountain Conference Center 404 12th Street
Redmond	Tuesday, May 24 9:00 – 1:00	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Thursday, June 16 1:00 – 5:00	Sleep Inn 2855 NW Edenbower Boulevard <i>(at Exit 127)</i>
The Dalles	Friday, May 20 12:00 – 4:00	The Dalles Inn 112 W 2nd Street

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, June 7 2:30 – 6:00	Holiday Inn Express 5900 NE Ray Circle <i>(S of Cornell Rd near Orenco Station)</i>
La Grande	Saturday, May 21 2:00 – 5:30	Blue Mountain Conference Center 404 12th Street
Redmond	Tuesday, May 24 2:30 – 6:00	Comfort Suites Airport 2243 SW Yew Avenue
The Dalles	Thursday, May 19 5:00 – 8:30	The Dalles Inn 112 W 2nd Street

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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
Baker City	Wednesday, June 1 1:00 – 4:00	Best Western 1 Sunridge Lane
Eugene	Tuesday, May 24 1:30 – 4:30	Phoenix Inn Suites 850 Franklin Boulevard
Florence	Saturday, June 18 9:00 – 12:00	Florence Events Center 715 Quince Street
Gresham	Tuesday, May 3 9:00 – 12:00	Multnomah Co East – Blue Lake Room 600 NE 8th
McMinnville	Wednesday, May 25 1:30 – 4:30	McMinnville Community Center 600 NE Evans Street
Ontario	Thursday, June 2 1:00 – 4:00	Four Rivers Cultural Center 676 SW 5th Avenue
Pendleton	Tuesday, May 31 2:00 – 5:00	Red Lion 304 SE Nye Avenue <i>(at exit 210)</i>
Portland Class in Russian	Wednesday, June 22 1:30 – 4:30 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Redmond	Saturday, June 4 9:00 – 12:00	Comfort Suites Airport 2243 SW Yew Avenue
Roseburg	Wednesday, June 29 2:00 – 5:00	Holiday Inn 375 Harvard Boulevard <i>(Exit 124 Use outside door to room)</i>
Salem Class in Russian	Wednesday, May 11 1:00 – 4:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</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
Klamath Falls	Wednesday, June 22 1:00 – 4:30	Best Western Olympic Inn 2627 S Sixth Street
McMinnville	Wednesday, June 8 1:00 – 4:30	Red Lion Inn 2535 NE Cumulus <i>(near aviation museum)</i>
Newport	Wednesday, May 25 1:00 – 4:30	Embarcadero Hotel 1000 SE Bay Road

Share this training newsletter with your employers and their families. They are welcome to attend any training.

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
Albany	Wednesday, May 18 9:00 – 12:30	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Grants Pass	Thursday, May 5 9:00 – 12:30	Club Northwest 2160 NW Vine
Hillsboro	Saturday, June 11 9:00 – 12:30	Holiday Inn Express 5900 NE Ray Circle <i>(S of Cornell Rd near Orenco Station)</i>
Newport	Friday, May 20 9:00 – 12:30	Embarcadero Hotel 1000 SE Bay Road
Pendleton	Saturday, June 25 9:00 – 12:30	Red Lion Hotel 304 SE Nye Avenue <i>(at exit 210)</i>
Portland	Saturday, May 21 9:00 – 12:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Portland Class in Spanish	Saturday, May 21 9:00 – 12:30 Esta clase en español	East Portland Community Center 740 SE 106th <i>(south of Washington)</i>
Redmond	Tuesday, May 3 9:00 – 12:30	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Wednesday, May 11 9:00 – 12:30	Sleep Inn 2855 NW Edenbower Boulevard <i>(Exit 127)</i>
Salem	Thursday, May 12 8:30 – 12:00	Phoenix Inn North 1590 Weston Court NE <i>(at I-5 and Market)</i>

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
Clackamas	Monday, May 9 1:00 – 4:00	New Hope Church – Room 151-152 11731 SE Stevens <i>(N of Sunnyside, enter from rear lot on freeway side)</i>
Portland	Wednesday, June 22 9:00 – 12:00	SEIU Local 503 Union Hall 6401 SE Foster Road <i>(at Foster & Holgate)</i>
Seaside	Saturday, June 25 2:00 – 5:00	Rivertide Suites 102 N Holladay <i>(across from Convention Center)</i>

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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
Albany	Thursday, June 23 2:00 – 5:00	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Eugene	Thursday, May 19 1:30 – 4:30	Phoenix Inn 850 Franklin Boulevard
Grants Pass	Thursday, June 30 9:00 – 12:00	Guild Building - The Board Room 1867 Williams Highway
Lincoln city	Tuesday, June 14 1:30 – 4:30	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Oregon City	Wednesday, June 15 5:00 – 8:00	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Portland	Saturday, June 25 9:00 – 12:00	East Portland Community Center 740 SE 106th <i>(south of Washington)</i>
Salem	Wednesday, May 4 5:30 – 8:30	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

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, May 18 2:00 – 4:00	Phoenix Inn 3410 Spicer Drive SE <i>(at Exit 233)</i>
Astoria	Saturday, June 4 2:00 – 4:00	Holiday Inn Express 204 W Marine Drive
Coos Bay	Tuesday, May 17 12:30 – 2:30	Red Lion 1313 N Bayshore
Eugene / Springfield	Thursday, June 2 2:00 – 4:00	Holiday Inn 919 Kruse Way, Springfield
Joseph	Friday, June 24 9:00 – 11:00	Family Center / Point of Connection, 83346 Joseph Highway
Klamath Falls	Wednesday, June 22 9:00 – 11:00	Best Western Olympic Inn 2627 S Sixth Street
Medford	Saturday, June 25 2:30 – 4:30	Red Lion 200 N Riverside Avenue
Portland	Tuesday, June 21 2:00 – 4:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Prineville	Tuesday, June 14 2:00 – 4:00	Stafford Inn 1773 NE 3rd St (Hwy 26)
Roseburg	Thursday, June 23 2:00 – 4:00	Sleep Inn 2855 NW Edenbower Blvd <i>(Exit 127)</i>

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
Corvallis	Friday, June 17 9:00 – 12:30	Best Western Grand Manor Inn 925 NW Garfield
Eugene / Springfield	Thursday, June 2 9:00 – 12:30	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
McMinnville	Saturday, May 7 9:00 – 12:30	McMinnville Community Center 600 NE Evans Street
Portland	Tuesday, June 21 9:00 – 12:30	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
St. Helens	Monday, May 16 1:00 – 4:30	Best Western Oak Meadows Inn 585 S Columbia River Highway

RESPIRATORY CARE: OXYGEN TO VENTILATORS – 3 ½ hours

End-stage respiratory diseases, basics on the use of oxygen, nebulizers, & ventilators.

City	Date/Time	Location
Baker City	Wednesday, May 11 5:00 – 8:30	Best Western 1 Sunridge Lane
Coos Bay / North Bend	Monday, May 23 4:00 – 7:30	Mill Casino 3201 Tremont Avenue, North Bend
Gresham	Wednesday, June 29 12:00 – 3:30	Sheraton Four Points 1919 NE 181 st <i>(next to Francis Xavier restaurant)</i>
Gresham	Wednesday, June 29 5:00 – 8:30	Sheraton Four Points 1919 NE 181 st <i>(next to Francis Xavier restaurant)</i>
John Day	Saturday, May 14 2:00 – 5:30	Outpost Pizza 201 W Main Street
La Grande	Thursday, May 12 5:00 – 8:30	Blue Mountain Conference Center 404 12th Street
Ontario	Monday, May 9 2:00 – 5:30	Four Rivers Cultural Center 676 SW 5th Avenue
Salem	Monday, June 27 12:00 – 3:30	Phoenix Inn North 1590 Weston Court NE <i>(at I-5 and Market)</i>
Salem	Monday, June 27 5:00 – 8:30	Phoenix Inn North 1590 Weston Court NE <i>(at I-5 and Market)</i>

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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: workers do not need to have worked to qualify for training pay.

City	Date/Time	Location
Baker City	Thursday, May 26 9:00 – 1:00	Best Western 1 Sunridge Lane
Bend	Monday, June 27 1:00 – 5:00	Red Lion 1415 NE 3rd Street (3rd & Olney)
Coos Bay	Monday, June 27 12:30 – 4:30	Red Lion 1313 N Bayshore
Gladstone	Thursday, May 19 9:00 – 1:00	Oxford Suites 75 82nd Drive, (I-205 at Exit 11, shares Safeway lot)
Joseph	Friday, June 24 12:30 – 4:30	Family Center / Point of Connection, 83346 Joseph Highway
Medford	Saturday, June 25 9:00 – 1:00	Red Lion 200 N Riverside Avenue
Roseburg	Friday, May 20 12:00 – 4:00	Sleep Inn 2855 NW Edenbower Blvd (Exit 127)
Salem	Wednesday, June 29 8:30 – 12:30	Phoenix Inn North 1590 Weston Court NE (I-5 at Market)
Tigard	Tuesday, June 28 5:00 – 9:00	Embassy Suites Washington Square 9000 SW Washington Square Road

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
Bend	Friday, May 13 2:00 – 5:00	Phoenix Inn 300 NW Franklin
Eugene / Springfield	Friday, June 24 1:30 – 4:30	Holiday Inn 919 Kruse Way, Springfield
Klamath Falls	Thursday, May 12 2:00 – 5:00	Elmer's restaurant 3030 South 6th
Portland Class in Russian	Thursday, June 2 2:00 - 5:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)
Portland Class in Russian	Tuesday, June 7 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (at Foster & Holgate)

continued

<i>S. M. A. R. T. continued</i>		
Portland	Saturday, June 25 1:30 – 4:30	East Portland Community Center 740 SE 106th (<i>south of Washington</i>)
Roseburg	Wednesday, June 29 9:30 – 12:30	Holiday Inn 375 Harvard Blvd (<i>at Exit 124</i>)
Salem	Thursday, May 12 1:30 – 4:30	Phoenix Inn North 1590 Weston Courtt NE (<i>I-5 at Market</i>)
Salem Class in Russian	Wednesday, June 1 2:00 – 5:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE (<i>across from Costco</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
Coos Bay	Tuesday, May 17 8:00 – 11:00	Red Lion 1313 N Bayshore
Corvallis	Friday, June 17 2:00 – 5:00	Best Western Grand Manor Inn 925 NW Garfield
Eugene	Thursday, May 19 9:00 – 12:00	Phoenix Inn 850 Franklin Boulevard
Gladstone	Thursday, May 19 2:30 – 5:30	Oxford Suites 75 82nd Drive, (<i>I-205 at Exit 11, shares Safeway lot</i>)
Hillsboro	Thursday, June 30 1:00 – 4:00	Hillsboro Main Library 2850 Brookwood Parkway
McMinnville	Saturday, May 7 2:00 – 5:00	McMinnville Community Center 600 NE Evans Street
Portland Class in Russian	Tuesday, May 17 5:00 – 8:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (<i>at Foster & Holgate</i>)
Portland Class in Russian	Wednesday May 18 12:00 – 3:00 Класс на русском языке	SEIU Local 503 Union Hall 6401 SE Foster Road (<i>at Foster & Holgate</i>)
Portland Class in Spanish	Saturday, May 21 2:00 – 5:00 Esta clase en español	East Portland Community Center 740 SE 106th (<i>south of Washington</i>)
Prineville	Tuesday, June 14 9:30 – 12:30	Stafford Inn 1773 NE 3rd St (Hwy 26)
St. Helens	Monday, May 16 8:30 – 11:30	Best Western Oak Meadows Inn 585 S Columbia River Highway
Woodburn Class in Russian	Monday, May 23 1:00 – 4:00 Класс на русском языке	Best Western 2887 Newberg Highway

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

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	Thursday, May 12 2:00 – 5:00	Holiday Inn Express on the River 781 NE 2nd
Eugene / Springfield	Friday, May 6 2:00 – 5:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Lincoln City	Tuesday, June 14 9:00 – 12:00	Surftides 2945 NW Jetty <i>(turn down NW 30th)</i>
Medford	Saturday, May 21 9:00 – 12:00	Red Lion 200 N Riverside Avenue
Portland	Saturday, May 21 2:00 – 5:00	Holiday Inn Express 2333 NW Vaughn Street <i>(at West end of Fremont Bridge)</i>
Salem Class in Russian	Wednesday, May 4 1:00 – 4:00 Класс на русском языке	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>
Salem	Saturday, June 18 2:00 – 5:00	Best Western Mill Creek Inn 3125 Ryan Drive SE <i>(across from Costco)</i>

SECONDHAND SMOKE

The Home Care Commission has formed a Tobacco Awareness and Action Project (TAAP) with a goal of reducing the number of homecare workers who smoke.

Smoking is damaging to your health, but so is secondhand smoke. Exposure to secondhand smoke increases your risk of ear infections, bronchitis, pneumonia, asthma attacks, stroke, lung cancer, and heart disease. Secondhand smoke includes the smoke that a smoker exhales, as well as the smoke that comes directly from the burning tobacco product. The dangerous particles in secondhand smoke can linger in the air for hours. The longer and more frequent someone is exposed to secondhand smoke and the thousands of toxins it produces, the more dangerous the exposure becomes.

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

Call these numbers for free from anywhere in Oregon:

- **1-800-QUIT-NOW (1-800-784-8669)**
- **Or register online at: www.quitnow.net/oregon/**

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

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
Coos Bay	Monday, June 27 6:00 – 9:00	Red Lion 1313 N Bayshore
Eugene / Springfield	Friday, June 24 9:00 – 12:00	Holiday Inn 919 Kruse Way, Springfield <i>(I-5 exit 195A, behind Comfort Inn)</i>
Hillsboro	Saturday, May 14 2:00 – 5:00	Farmhouse Restaurant at Comfort Inn 3500 NE Cornell Road
Medford	Saturday, May 21 1:30 – 4:30	Red Lion 200 N Riverside Avenue
Newport	Friday, May 20 2:00 – 5:00	Embarcadero Hotel 1000 SE Bay Road
Oregon City	Wednesday, June 15 12:30 – 3:30	Providence Willamette Falls Community Center 519 15th Street <i>(at Washington)</i>
Redmond	Tuesday, May 3 2:00 – 5:00	Super 8 Hwy 97 3629 SW 21st Place
Roseburg	Tuesday, May 10 2:00 – 5:00	Sleep Inn 2855 NW Edenbower Boulevard <i>(Exit 127)</i>
Salem	Wednesday, June 29 2:00 – 5:00	Phoenix Inn North 1590 Weston Court NE <i>(I-5 at Market)</i>

CPR TRAINING FOR HOMECARE WORKERS

The Home Care Commission will cover the cost of 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%.

We do NOT offer the classes through the Commission, but pay the cost of Adult CPR and First Aid at a local chapter of the American Red Cross. We do NOT reimburse workers and you must get approval prior to signing up for a class.

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.

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

TRAININGS AT-A-GLANCE

MAY 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 HH 9-12 <i>Gresham</i> DBN 1:30-5 <i>Gresham</i> KIP 9-12:30 <i>Redmond</i> WT 2-5 <i>Redmond</i>	4 TRIPS- Russian 1-4 <i>Salem</i> MW 5:30-8:30 <i>Salem</i>	5 KIP 9-12:30 <i>Grants Pass</i> B&G 2-5:30 <i>Grants Pass</i> DBN 1-4:30 <i>Lincoln City</i>	6 BLV 9-12 <i>Oregon City</i> D-A 1:30-5:30 <i>Oregon City</i> B&G 9-12:30 <i>Eugene/Spgfld</i> TRIPS 2-5 <i>Eugene/Spgfld</i>	7 DBN 9-12:30 <i>Astoria</i> PASS 9-12:30 <i>McMinnville</i> SAA 2-5 <i>McMinnville</i>
8	9 DME 9-12 <i>Ontario</i> RC 2-5:30 <i>Ontario</i> MedS 1-4 <i>Clackamas</i>	10 WT 2-5 <i>Roseburg</i>	11 KIP 9-12:30 <i>Roseburg</i> DME 12-3 <i>Baker City</i> RC 5-8:30 <i>Baker City</i> HH-Russian 1-4 <i>Salem</i>	12 B&G 9-12:30 <i>Corvallis</i> TRIPS 2-5 <i>Corvallis</i> D-A 8:30-12:30 <i>K Falls</i> SMART 2-5 <i>Klamath Falls</i> KIP 8:30-12 <i>Salem</i> SMART 1:30-4:30 <i>Salem</i> DME 12-3 <i>La Grande</i> RC 5-8:30 <i>La Grande</i>	13 D-A 8:30-12:30 <i>Bend</i> SMART 2-5 <i>Bend</i>	14 DME 9-12 <i>John Day</i> RC 2-5:30 <i>John Day</i> B&G 9-12:30 <i>Hillsboro</i> WT 2-5 <i>Hillsboro</i>
15	16 SAA 8:30-11:30 <i>St. Helens</i> PASS 1-4:30 <i>St. Helens</i>	17 SAA 8-11 <i>Coos Bay</i> PDT 12:30-2:30 <i>Coos Bay</i> CB 12:30-3:30 <i>Portland</i> SAA-Russian 5-8 <i>Portland</i>	18 KIP 9-12:30 <i>Albany</i> PDT 2-4 <i>Albany</i> SAA-Russian 12-3 <i>Portland</i>	19 SAA 9-12 <i>Eugene</i> MW 1:30-4:30 <i>Eugene</i> RSW 9-1 <i>Gladstone</i> SAA 2:30-5:30 <i>Gladstone</i> G-L 5-8:30 <i>The Dalles</i>	20 KIP 9-12:30 <i>Newport</i> WT 2-5 <i>Newport</i> ELC 12-4 <i>The Dalles</i> RSW 12-4 <i>Roseburg</i>	21 ELC 8:30-12:30 <i>La Grande</i> G-L 2-5:30 <i>La Grande</i> TRIPS 9-12 <i>Medford</i> WT 1:30-4:30 <i>Medford</i> KIP 9-12:30 <i>Portland</i> TRIPS 2-5 <i>Ptd</i> KIP-Spanish 9-12:30 <i>Ptld</i> SAA-Spanish 2-5 <i>Portland</i>
22	23 DME 11-2 <i>Coos Bay</i> RC 4-7:30 <i>Coos Bay</i> SAA-Russian 1-4 <i>Woodburn</i>	24 ELC 9-1 <i>Redmond</i> G-L 2:30-6 <i>Redmond</i> B&G 1:30-5 <i>Clackamas</i> HH 1:30-4:30 <i>Eugene</i>	25 F-A 1-4:30 <i>Newport</i> HH 1:30-4:30 <i>McMinnville</i> DBN 1-4:30 & 5:30-9 <i>Portland</i>	26 RSW 9-1 <i>Baker City</i> CB 2:30-5:30 <i>Baker City</i>	27 CB 2-5 <i>Ontario</i>	28 B&G 9:30-1 <i>Ontario</i>
29	30	31 HH 2-5 <i>Pendleton</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 RC – Respiratory Care 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

JUNE 2011

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

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

Here is your Homecare Worker Training News!!

REGISTRY & REFERRAL SYSTEM (RRS)

If you are looking for work, don't forget to update the Registry every time your availability changes. If you are NOT looking for work, click "No" in the RRS on the Availability for Work page. The web address is:

<https://www.or-hcc.org>.

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