

Adult Care Home Program Newsletter

August 2023

Message From the Adult Care Home Program Manager: Menu Reminders

Dear Providers,

Cooking can be a challenge when you're preparing three meals a day for residents with different dietary requirements and preferences.

I'd like to highlight one of the learning sessions at the upcoming Adult Care Home Conference: **Tips for Maximizing Meal Enjoyment While Managing the Budget.** Chef Kate Baker will share her expertise in menu planning, meal prepping and food storage.

These are all crucial skills to develop to meet your residents' rights when it comes to meals, especially with the cost of food increasing.

Remember, a resident has the right to be served meat regularly. Personally I am vegan, but I would still be required to prepare and serve meat regularly in a care home, even if that does not reflect my philosophical or religious values.

I realize it can be challenging for providers to fulfill different food requests from multiple residents.

Meals are an important part of our day. They provide enjoyment, community and essential nutrients. If you're struggling with mealtime, I encourage you to register for the conference and attend Chef Kate Baker's session.

Steven Esser

Program Manager

Register Now: Adult Care Home Conference

The conference will feature learning sessions, networking opportunities, breakfast, lunch, vendors and more!

Join us at OMSI on Monday, September 25. Attendees will receive eight CEUs.

The office will be closed for the day, and no inspections or monitoring visits will be conducted on Monday, September 25.

The ACHP is reserving all of OMSI so that caregivers can bring residents to explore the museum for free!

Cost is \$85. **Get a \$40 discount if you bring a resident!** Final cost is only \$45 if your residents attend OMSI during this event.

The featured exhibit is on orcas.



Register now to secure your spot:

[Adult Care Home Conference](https://multco.us/adult-care-home-information/adult-care-home-conference)
multco.us/adult-care-home-information/adult-care-home-conference

Learn more on page 2.

Vendors, Raffle, Free Giveaways and More! Adult Care Home Conference Updates

The Adult Care Home Conference focuses on learning and networking, but we want to have a little fun too. Here are some perks for conference attendees:

- **Full hot breakfast** in OMSI's Theory Restaurant.
- **International buffet luncheon:** enjoy a networking luncheon in Theory Restaurant or eat your meal in the courtyard with a gorgeous view of the Willamette River.
- **Explore OMSI for free:** Usually adults must pay \$15 to \$18 for admission. attendees, residents and caregivers get to explore the museum for free!
- **Vendors:** visit tables to find useful resources and businesses, plus pick up free vendor giveaways.
- **Fulfill resident activity requirement:** A resident's visit to OMSI counts toward your weekly six hours of required activities.

- **Free planetarium shows:** Attendees, residents and caregivers can enjoy a free planetarium show on a first come, first served basis, while seats are available:
 - Starry Nights Live
 - Worlds Beyond Earth
 - Beatles Laser Show

- **Free giveaways and a raffle prize.**

- **Five motorized scooters:** Attendees and residents can check out a free motorized scooter to explore the museum with ease. Scooters will be available on a first come, first served basis.

Need Help Registering for the Conference?

Register online at [Adult Care Home Conference](https://multco.us/adult-care-home-information/adult-care-home-conference)
multco.us/adult-care-home-information/adult-care-home-conference

For assistance or to request a print copy of the registration form, contact Communications Intern Sonya Demczuk at 503-988-7190 or sonya.demczuk@multco.us.

Conference Schedule:

Session 1 Options:	Session 2 Options:	Session 3 Options:	Session 4 Options:
Future Workplace Solutions and Investing in Your own Future	Marketing 101: How to Conduct a Successful Tour	Income Taxes for Your Care Home (State and Private)	Wage and Hour Laws for Adult Care Providers
The Power of Conversation: Making Meaningful Connections Across the Lifespan	Creating a Sense of Bravery and Belonging in the Midst of Discrimination	Become an Employer of Choice: How to Attract and Retain Care Staff	Be Like Water: Strategies for Supporting Individuals With Complex Needs
Managing Compliance of Your Homes on a Digital Healthcare Platform	How to Create ISP Support Documents	Tips for Maximizing Meal Enjoyment While Managing the Budget	Trauma Informed Care for Adult Care Home Providers

Training and Support

*Most sessions offered via webinar.
To register call 503-988-3000 or email
advsd.adult.carehomeprogram@multco.us.
Specify the training name and date.*

In-Person Provider Meeting

Topic: The Ins and Outs of Case Management
APD, I/DD and MHA service coordination
Date: Wednesday, August 23
Time: 1 – 4 p.m.
Cost: \$30 (3 CEUs)
Location: Sharron Kelly Room 600 NE 8th St.,
Gresham, OR 97030

Orientation Required for operator, resident manager and shift manager applicants.

Date: Friday, September 8
Time: 9 a.m. – 3 p.m. (Sign-on 8:50 a.m.)
Cost: \$55

Record Keeping Part A, Screening and Care Planning

Required for APD and MHA operators, resident managers and shift managers.
Date: Thursday, August 10
Time: 9 a.m. – 12:30 p.m. (Sign-on 8:50 a.m.)
Cost: \$30

First year required trainings for operators, resident managers and shift managers:

Record Keeping Part B, Medication Mgmt
Dates: Tuesday, August 8 and August 22
Time: 9 a.m. – 12:30 p.m. (Sign-on 8:50 a.m.)
Cost: \$30

Emergency Preparedness Planning
Date: Tuesday, August 15
Time: 9 a.m. – 12:30 p.m. (Sign-on 8:50 a.m.)
Cost: \$30

Honoring Diversity
Date: Thursday, August 24
Time: 9 a.m. – noon (Sign-on 8:50 a.m.)
Cost: \$30

Free Online Dementia Training

Washington County is providing a free training with Dementia Specialist Stephanie Herro on Thursday, August 24, from 10 a.m. to 12 p.m. The ACHP will email more information and a zoom link when we receive it.

Email questions to Jennifer Lawrence, supervisor 2, Adult Foster Home Licensing Unit of Washington / Columbia County, at jennifer.a.lawrence@odhs.oregon.gov.

ACHP Staff Updates

- Tina Edge, I/DD licensor, is retiring on August 31. Congratulations, Tina!
- Luba Kultin's temporary assignment as a licensor ends on August 31. She will return to her position as a program technician.
- New APD licensor Jackie Tate has joined the ACHP team. Welcome to the team!

Just Ask: Help, I'm Overwhelmed by My Messy House!

Question: I'm struggling to keep my house clean and neat. The task is overwhelming and I don't know where to start. What do I do?

Answer: The ACHP recommends hiring a cleaning service to do a deep clean. It is much easier to maintain a clean house than to tackle the deep clean yourself. Local cleaning services are an affordable option. Ask your CPA if this is a tax write off as well.

[COVID-19 Information for Providers:](https://multco.us/adult-care-home-information/covid-19-information-adult-care-home-providers)
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