

# Adult Care Home Program Newsletter

## February 2022

### Letter from the ACHP Interim Manager

Dear Providers,

As in the community at large, the ongoing COVID-19 Omicron surge has been having quite a significant impact on our care homes. We are receiving multiple reports daily of new cases. Knowing when to report can be confusing. If you, your family in the home, ACH staff, or residents are exposed to COVID, please review and follow applicable CDC guidelines. If symptoms develop, seek COVID testing. If anyone in the home tests positive for COVID, you are required to notify the ACHP and the Multnomah County Health Department. Don't be afraid to call. Once notified, we will provide instruction and help you navigate the necessary next steps.

Make sure you have a supply of PPE (N95 or KN95 masks, gloves, gowns) in your home. You will need to wear all three when caring for a resident that is COVID positive. If you have COVID in the home and need support, both the ACHP and the Health Department have PPE available. The Health Department may be able to offer follow-up COVID testing. Also, remember, **workers that don't live in the home are required to wear masks when on shift.**

Finally, the ACHP is in the process of acquiring COVID test kits that we will be able to provide to homes. I will email with details as soon as I have information on their availability. Thank you all for your care, creative problem solving, and continued diligence as we all do our best to contain the spread of this highly contagious virus.

**Interim ACHP Program Manager**  
*Steven Esser*

### ACHP Electronic Device Borrowing Program

The ACHP Electronic Device Borrowing Program allows residents to borrow a touchscreen tablet computer that will enable them to access the internet and run video conferencing software. The goal of the program is to reduce the isolation of adult care home residents during the COVID pandemic. While we all recognize that being with loved ones in person is important, even a virtual connection can make a difference in the lives of our residents. Tablets also enable access to social media, electronic books, games, music, etc.

**"I have a Samsung tablet that I borrowed from the ACHP. When do I have to return this tablet?"**

Tablets borrowed from the ACHP have return dates listed on the borrowing agreement. If you need to request an extension, please send us an email and specify your desired due date. Please note, if residents are finding the tablet useful, multiple extensions are allowed. Email: [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us)

**"What do I do if I don't need this tablet anymore?"**

When the tablet is no longer being used by a resident in the home, please email the program at ([advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us)) to arrange for contactless pickup. Please wipe down the device before pick-up.

**"Do "virtual" activities using the tablet count toward my resident's weekly activity requirements?"**

Assistance provided to residents while using these tablets can count towards the six hours of resident activities required per week. Some examples include virtual visits with loved ones, access to virtual tours, audio books, music, exercise videos, etc.

## COVID-19 Updates

### Reporting COVID-19 Positive Residents and Staff:

Due to the high number of positive COVID cases at Adult Care Homes, the ACHP is streamlining the process for reporting to the program. If you have a staff member or resident exhibiting symptoms of COVID-19, please seek testing. Positive COVID-19 test results (also called “detected” or “abnormal”) should be reported to the ACHP by email at [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us) or by phone at **503-988-3000** within one business day. Please also reach out if anyone in the home is exhibiting symptoms and you are unable to get testing. Messages should include your name and contact information, including phone number. Someone from the program will call you ASAP with questions and further instructions.

**For Information About COVID Vaccines, Boosters, PPE, or Other Resources:** Call the Multnomah County COVID Call center at 503-988-8939.

**Mask Reminder:** Masks are required at all times for all individuals who do not live in the ACH. This includes visitors (both indoor and outdoor visits) and ACH caregivers or other staff who do not live in the home. Additionally, while not required, the ACHP recommends the use of N95, KN95, or KF94 masks as they are more effective than cloth or standard surgical masks in preventing the spread of COVID-19.

**Free At-Home COVID Tests:** The Federal Government is offering [free at-home COVID-19 tests](https://special.usps.com/testkits). There is a limit of one order per home address and each order includes four individual rapid antigen COVID-19 tests. Orders ship free (starting in late January). If you haven't already, use this link to place your order:  
<https://special.usps.com/testkits>.

The ACHP has also ordered several at-home tests for use in our Adult Care Homes. Stay tuned for more information!

## Looking for Some Online COVID-Safe Activities and Recreation?

[Silver Sneakers](https://www.youtube.com/c/silversneakers/videos?pbjreload=102) - Online workouts designed for those over 65.  
<https://www.youtube.com/c/silversneakers/videos?pbjreload=102>

[Seated Tai Chi](https://www.youtube.com/watch?v=T2SscwGK4oE) - Gentle seated movements that connect the mind to the body.  
<https://www.youtube.com/watch?v=T2SscwGK4oE>

[Google Arts and Culture](https://artsandculture.google.com/) - High-resolution images and videos of artwork and cultural artifacts from around the world.  
<https://artsandculture.google.com/>

[Window Swap](https://www.window-swap.com/) - Look through someone else's window, somewhere in the world (hold device horizontally) <https://www.window-swap.com/>

[Earthcam](https://www.earthcam.com/) - Live webcam views from all over the world. <https://www.earthcam.com/>

[National Geographic Television](https://www.youtube.com/c/NatGeo) - Full length National Geographic episodes hosted on YouTube. <https://www.youtube.com/c/NatGeo>

[San Diego Zoo](https://kids.sandiegozoo.org/videos) - Live video of zoo animals.  
<https://kids.sandiegozoo.org/videos>

**Games to Keep Your Mind Active** - Try these games and activities to keep your mind sharp.

- Daily Jigsaw Puzzles - <https://games.usatoday.com/games/jigsaw/>
- Daily Crossword - <https://www.dictionary.com/e/crossword/>
- Duolingo - Learn a new language - <https://www.duolingo.com/>
- USA Today Games - [https://games.usatoday.com/category/all\\_games/](https://games.usatoday.com/category/all_games/)
- Sudoku - <https://www.websudoku.com/>

## Training, Testing, and Events

Registration is required in order to attend ACHP training sessions. Register by emailing [advsd.adult.carehomeprogram@multco.us](mailto:advsd.adult.carehomeprogram@multco.us) or by calling 503-988-3000. Specify the name of training and your preferred date. If a desired training session is full, email Ana Weakland, ACHP Training Coordinator for assistance, [ana.weakland@multco.us](mailto:ana.weakland@multco.us).

**Orientation** - Required for Operator, Resident Manager, and Shift Manager applicants.

**Date:** Thursday, 2/10/22

**Times:** 9:00 am - 3:00 pm (Sign-on 8:50 am)

**Cost:** \$55

**Record Keeping Part A, Screening and Care Planning** - Required for APD and MH licensed Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

**Date:** Tues, 2/8/22 & Wed, 2/23/22

**Times:** 9:00 am - noon (Sign-on 8:50 am)

**Cost:** \$30

**Record Keeping Part B, Medication Mgmt** - Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

**Dates:** Tues, 2/15/22 & Fri, 2/25/22

**Times:** 9:00 am - 12:30 pm (Sign-on 8:50 am)

**Cost:** \$30

**Honoring Diversity** - Required for Operators, Resident Managers, and Shift Managers within the first year of licensure or role approval.

**Dates:** Thursday 2/17/2022

**Times:** 9:00 am - noon (Sign-on 8:50 am)

**Cost:** \$30

**SOQ Fire and Life Safety** - Required for Operators, Resident Managers, and Shift Managers. This training can be taken online on demand. [ODHS Virtual Training Program](https://www.oregon.gov/dhs/PROVIDERS-PARTNERS/LICENSING/APD-AFH/SiteAssets/Lists/TrainingList/EditForm/FireandLifeSafetyInstructions.pdf)

<https://www.oregon.gov/dhs/PROVIDERS-PARTNERS/LICENSING/APD-AFH/SiteAssets/Lists/TrainingList/EditForm/FireandLifeSafetyInstructions.pdf>

## Please Welcome New Licensers to the ACHP

### Fern Dalton

My name is Fern Dalton. I have lived in the Portland area for the past 5 years. Previously I have lived in Northern and Southern CA; Honolulu, HI; and Las Vegas, NV. For the past two years I have worked for Multnomah County ADVSD as a Case Manager. First as a Medicaid Case Manager at the downtown Portland branch and most recently as a BIPOC Care Transitions Coach, working with people to reduce preventable hospital readmissions. In my free time I enjoy going to the movies, traveling, and I've never met a taco I didn't like. I am excited to learn and grow into this new chapter of my life.

### Alexander Kanso

Hello, My name is Alexander Kanso. I look forward to meeting you. I have been working with Multnomah County for the past 6 years as a Case Manager 2 with Intellectual and Developmental Disabilities. I enjoy making a difference in the community each and every day by providing others with the services, support, and advocacy. I am a native Oregonian, and I enjoy spending time reading books and traveling to California whenever I get a chance! I am excited to start my journey with the ACHP department this year.

## February is Black History Month

Please join the ACHP in celebration!

[The Reason Black History Month Is in February](https://www.oprahdaily.com/life/a26077992/why-is-black-history-month-in-february/), McKenzie Jean-Philippe, Oprah Daily  
<https://www.oprahdaily.com/life/a26077992/why-is-black-history-month-in-february/>

[Must Read Books For Black History Month](https://www.shondaland.com/inspire/books/g30771264/must-read-books-black-history-month/), Nylah Burton, Shondaland  
<https://www.shondaland.com/inspire/books/g30771264/must-read-books-black-history-month/>

[Black History Month in Portland](https://www.travelportland.com/events/black-history-month/), Zelos Marchandt, Travelportland  
<https://www.travelportland.com/events/black-history-month/>



Department of County Human Services

**M198**

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Department of County Human Services  
Adult Care Home Program  
209 SW 4th Ave, Suite 650  
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RETURN SERVICE REQUESTED

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