

Adult Care Home Program Newsletter

July 2025

Staying Cool During Hot Summer Weather

Summer is here, and it's important to take steps to keep you, your staff and residents safe when it gets hot. Remember, heat exhaustion and heat stroke can be life threatening.

Heat illnesses can affect anyone, but some people are at greater risk, including older adults, children, pregnant women, people with chronic medical conditions or limited mobility, and people taking certain medications.

Maintain a comfortable temperature in the home:

It's important to maintain a comfortable temperature for residents. When residents are home, minimum temperatures should be no less than 68 degrees Fahrenheit during waking hours, and no less than 65 degrees Fahrenheit during sleeping hours.

If you are unable to maintain a comfortable temperature for residents during times of extreme heat, air conditioning or other cooling systems may be required.

Air conditioners should not block windows designated as a secondary exit, or become a barrier for evacuation. (MCAR 023-100-510)

Tips to help keep the house cool:

- Keep blinds closed
- Close off unused parts of the home
- Do not keep any unnecessary electrical items plugged in
- Avoid using the stovetop or oven

Hot weather best practices:

- Anyone working or spending time outside in the heat should take extra precautions.
- Do not leave children, pets or individuals with impaired mobility or judgment in cars for *any* length of time.
- When possible, reschedule strenuous activities to early morning or evening.
- Encourage residents to cool down using cool water showers, baths or damp towels.
- Encourage residents to wear light weight and loose fitting clothes when possible.
- Make sure you and your residents drink plenty of water, even before feeling thirsty, and avoid sugary drinks and alcohol.
- Pay special attention to residents with health conditions that may be aggravated by the heat. Check on them and offer them water regularly.
- If a doctor limits the amount of fluids a resident should drink, ask the doctor how much they should drink during hot weather.
- Monitor residents for signs of heat exhaustion and heat stroke.

Minimum Wage Increased July 1

On Tuesday, July 1 minimum wage increased to \$16.30 per hour in most of Multnomah County. Outside the urban growth boundary, it is now \$15.05 per hour.

Most adult care homes are located inside the urban growth boundary, but you can check at [Urban Growth Boundary Look Up, oregonmetro.gov/library/urban-growth-boundary/lookup](https://urban-growth-boundary.lookup.oregonmetro.gov/library/urban-growth-boundary/lookup).

Maintaining the Outside of Your Care Home

Now is the time many of us want to enjoy being outside. Make the most out of the summer season with a well-maintained home exterior.

Don't forget these rules that apply to the outside of your home:

- The outside of the home must be accessible and appropriate to the needs of the residents, including the yard. (MCAR 023-100-135)
- The home must be kept clean and in good repair, including outbuildings, and the home's patios, decks and walkways. The grounds must be well maintained. Keep the front and backyard landscaped, and free of clutter or garbage. (MCAR 023-100-115)
- There must be an accessible outdoor area that is available to residents all year long. A part of the outdoor area must be covered and have an all-weather surface, such as a patio or deck. (MCAR 023-100-153)

Portland Pride Is a Fun Community Event for Everyone

The county Aging, Disability and Veterans Services Division will have a vendor table at the festival. Stop by and say hello if you see us!

Portland Pride Waterfront Festival:
Saturday, July 19, 12 – 8 p.m.
Sunday, July 20, 11:30 a.m. – 6 p.m.

Portland Pride Parade: Sunday, July 20
Parade begins at 11 a.m. from the North Park Blocks and ends on Naito Pkwy at the Festival.

Find more information at [Portland Pride, portlandpride.org](https://portlandpride.org).

Wildfire Smoke's Affect on Air Conditioners

Wildfire season is here! Get familiar with your HVAC or air conditioner system now so you are ready to adjust it to keep smoke out.

- If you have a central HVAC system, find out if it has a fresh air intake. If it does, find out how to close it or turn the system to recirculate mode. Make sure the HVAC filter is in good condition, fits snugly in the filter slot, and is replaced as recommended by the manufacturer. Consider upgrading to a MERV 13 or higher rated filter if your system can accommodate it.
- If you have an evaporative cooler, avoid using it in smoky conditions because it can result in more smoke being brought inside. Consider other cooling options like fans or window air conditioners.
- If you have a window air conditioner, find out how to close the outdoor air damper. If you cannot close the damper, consider preparing other cooling options like a fan. Make sure that the seal between the air conditioner and the window is as tight as possible.
- If you have a portable air conditioner with a single hose, typically vented out of a window, do not use it in smoky conditions because it can result in more smoke being brought inside. Consider other cooling options like a fan or window air conditioner.
- If you have a portable air conditioner with two hoses, make sure that the seal between the window vent kit and the window is as tight as possible.

Remember, if the adult care home is air conditioned, the system must be functional and must be checked yearly and the filters cleaned or changed as needed. (MCAR 023-100-510)

Learn more at [Wildfires and Indoor Air Quality, link.multco.us/epa.wildfire.smoke](https://link.multco.us/epa.wildfire.smoke).

Training and Support

Sessions are online unless listed as in person.

*To register call 503-988-3000 or email
advsd.adult.carehomeprogram@multco.us.*

Orientation Canceled in August and Sept

The ACHP will not offer Orientation through the remainder of the summer. It will be offered again in the fall, no later than October.

We have experienced an increase in the volume of new home applications and are prioritizing processing these applications, while we also work on filling a few open positions within our program. Thank you for your patience.

Free Info Session for Operator Applicants

Date: Tuesday, July 15

Time: 9 – 11 a.m. (Sign on 8:50 a.m.)

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

In-Person Record Keeping Part A, Screening and Care Planning

Required for APD and MHA operators, resident managers and shift managers.

Date: Thursday, July 10

Time: 9 a.m. – noon

Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3 CEUs

Honoring Diversity Date TBD

Emergency Preparedness Planning TBD

No In-Person Provider Meeting in July

In-Person Record Keeping Part B, Medication Management

Dates: Thursday, July 17, 9 a.m. – 1:30 p.m.

Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3 CEUs

Just Ask: Which Fire Safety Training Class Do I Need?

Question: I am working on completing my requirements to become a resident manager. I've taken the fire safety training through Oregon Care Partners. Does that count toward my required trainings?

Answer: No, the only accepted fire safety training course is ODH SOHA - SOQ - AFH - Fire and Life Safety Video and Test, which is provided through Workday. Operators, resident managers and caregivers who want to be qualified as a resident manager must complete this online fire safety training and test.

The fire safety course through Oregon Care Partners counts for your annual CEUs, but does not fulfill the operator or resident manager requirement.

[Basic Training & Qualifying Tests
multco.us/info/basic-training-qualifying-tests.](https://multco.us/info/basic-training-qualifying-tests)

Conference Presentations Add to Website

Several presentations from the Adult Care Home Conference are now on the website. Plus, you can find a One Week Menu Prep Guide With a Special Diet Breakout, and several recipes to try out, shared by Chef Kate Baker! [Adult Care Home Conference, link.multco.us/care-home-conference.](https://link.multco.us/care-home-conference)