

Adult Care Home Program Newsletter

September 2024

Senate Bill 99: Required Training

Registration is now open for the required training course **Providing Inclusive Care: Training for Oregon Long-Term Care Facility Staff**. All adult care home operators, staff and contractors must complete this free training course by Tuesday, December 31, 2024.

Certificate Validity: Your certificate is valid for 24 months from completion. It is transferable between adult care homes and facilities.

New Hires: All new staff hired in 2024 must meet the December 31, 2024 deadline. For staff hired on or after January 1, 2025, the training is a pre-service training requirement.

This online course is offered through Oregon Care Partners, and it takes approximately 1.5 hours to complete. This course provides 1.5 CEUs. To obtain a certificate of completion, each staff member must create their own account and take the training online as an individual. Be sure to print or save your certificate as a PDF. Starting Friday, November 1, this course will also be offered in Spanish.

The goal of this training is to ensure that all staff are equipped to provide safe, respectful, and inclusive care for LGBTQIA2S+ residents and those living with HIV. This training promotes a welcoming environment where all residents can feel valued and respected, free from discrimination.

This new required training is part of Senate Bill 99. Oregon Senate Bill 99 requires adult care home operators and staff to follow new rules to protect the rights of residents who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual, two spirit or nonbinary.

Additionally, the bill protects the rights of people with HIV.

Register now at [Providing Inclusive Care: Training for Oregon Long-Term Care Facility Staff](https://link.multco.us/inclusive.care.training), link.multco.us/inclusive.care.training.

Be sure to attend the right class! Oregon Care Partners provides other classes about LGBT rights, but only this one approved course fulfills the new training requirement.

Maximize Your Food Budget

In a 2022 survey, residents said quality of food was one important reason to recommend – or not recommend – an adult care home to future residents.

Clearly quality food matters a lot to residents. But adult care home operators face the reality that food prices increased by 25 percent between 2019 and 2023.

According to the USDA 2023 average numbers, adult care home operators should budget \$350 per person, per month. How do you make those food dollars stretch? Kate Baker, former residential care facility chef, shares some valuable tips and tricks:

Shopping

- Plan to buy enough food so that you have a three day supply of fresh food, and a one week supply of shelf-stable food.
 - This will help you have enough food in the house, and avoid food waste.
- Do not store more than three to six months worth of dry food. *Continued on page 2.*

Shopping, Continued

- Compare prices ahead of time, rather than in the store, to save time and find bargains.
 - Consider wholesale stores and sales at regular grocery stores.
- Buy only what you can realistically use before it goes bad.
- Buying in bulk only saves money if you use all of the products before they go bad.

Storing

Proper food storage ensures that you get your money's worth out of everything you buy.

- Seal food packaging properly for freshness.
- Double plastic wrap and double foil wrap items for the freezer.
- Store at appropriate temperatures. Refrigerators must be maintained at 40 degrees Fahrenheit (4.4 degrees Celsius) or less. Freezer must be maintained at 32 degrees Fahrenheit (0 degrees Celsius) or lower.
- Keep refrigerator and freezer no more than $\frac{3}{4}$ full so the vent is not blocked.
- First In, first out: use the oldest food first.

Cooking

Refrigerated leftovers must be marked with the date cooked, and be disposed of within 4 days.

- Pot roast or cooked chicken or turkey: shred for sandwiches, salads or add to stews.
- Meatloaf, meatballs or patties: Crumble for gravies, sauces, soups and pasta dishes.
- Whole roasted meat: slice thinly for sandwiches or salads.
- Cooked beans or legumes: add to rice, salads or soups.
- Cooked veggies: Chop and add to rice, pasta, soups, salads, or bake into bread.
- Boiled eggs: Use in casseroles or salads.
- Fruit: Make into smoothies or desserts.
- Potatoes: Make into patties, or add to soups. Roast for salads.

Want more ideas to maximize your food budget? Review [Tips for Maximizing Meal Enjoyment](https://link.multco.us/meal.tips), link.multco.us/meal.tips.

Wildfire Smoke's Affect on Air Conditioners

Wildfire season can last through September. Get familiar with your HVAC or air conditioner system so you can adjust it to keep smoke out. You can also use these recommendations to plan ahead for next summer.

- 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](https://link.multco.us/epa.wildfire.smoke), link.multco.us/epa.wildfire.smoke.

Training and Support

Sessions are virtual unless listed as in person.
To register call 503-988-3000 or email
advsd.adult.carehomeprogram@multco.us.

Free Info Session for Operator Applicants

Date: Tuesday, September 17
Time: 9 – 11 a.m. (Sign-on 8:50 a.m.)

In-Person Provider Meeting

Topic: APD and MHA Care Planning
Date: Wednesday, September 25, 1 – 4 p.m.
Cost: \$30 | 3 CEUs
Location: Sharron Kelley Room,
600 NE 8th St., Gresham 97030

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

Date: Tuesday, October 10
Time: 9 a.m. – 3 p.m. (Sign-on 8:50 a.m.)
Cost: \$55

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

Record Keeping Part A, Screening and Care Planning

Required for APD and MHA operators, resident managers and shift managers.
Date: Tuesday, September 10
Time: 9 a.m. – noon (Sign-on 12:20 p.m.)
Cost: \$30 | 3 CEUs

In-Person Record Keeping Part B, Medication Management

Date: Thursday, Sept. 12, 9 a.m. – 12:30 p.m.
Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Date: Monday, Sept. 16, 9 a.m. – 12:30 p.m.
Location: Gresham Library, 385 NW Miller Avenue Gresham, OR 97030

Date: Tuesday, Sept. 26, 9 a.m. – 12:30 p.m.
Location: Preschool For All, Rockwood Market Hall, 458 SE 185th Ave., Portland, OR 97233

Cost: \$30 | 3 CEUs *Class full through Sept.*

Honoring Diversity

Date: Thursday, October 3
Time: 9 a.m. – noon (Sign-on 8:50 a.m.)
Cost: \$30 | 3 CEUs

Emergency Preparedness Planning

Date: Tuesday, October 8
Time: 9 a.m. – 12:30 p.m. (Sign-on 8:50 a.m.)
Cost: \$30 | 3 CEUs
This course is now offered every other month.

New APD Bed Rail Acknowledgement Form

The ACHP has created a new APD form, Resident Bed Rail Acknowledgement, based on the state's new form. This form is not required. It is recommended when an APD resident who can represent themselves has requested bed rails. It documents the decision and ensures the resident can make an informed decision.

If bed rails are requested by the resident, and they are not being used for restraint, then the bed rails are not an IBL.

If you have put an IBL in place for a resident who requested a bed rail that is not being used for restraint, once that IBL expires, you can transition to using this form to document the resident's choice.

Keep this form in the resident's records, and document it in the care plan. It should be reviewed annually or if the resident has a change of condition.

Remember, a signed order from the resident's physician is still required for any use of bed rails. (MCAR 023-080-505)

Find the new form at [Record Keeping Forms, multco.us/adult-care-home-information/record-keeping-forms](https://multco.us/adult-care-home-information/record-keeping-forms).