

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

October 2019



"The natural healing force in each one of us is the greatest force in getting well." - Hippocrates

Upcoming Testing Holidays

The following Oregon observed holidays are test exemptions days on which you do not need to check to see if you need to test:

Veterans Day - Monday, November 11	Christmas Day - Wednesday, December 25
Thanksgiving Day - Thursday, November 28 and Friday, November 29	New Year's Day - Wednesday, January 1

Holiday Travel

The holidays are quickly approaching. Please remember that we require two weeks notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your holiday plans.

OMB Licensee Change of Address Requirement

This is a reminder that under OAR 847-008-0060, OMB licensees are required to notify the Board in writing within 30 days of any change in residence address, practice location, or mailing address.

HPSP Outreach

The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton, Ph.D. ((503) 802-9813;chamilton@reliantbh.com) for more information or to schedule a meeting.

Upcoming Events

IDA A 2020

The next **International Doctors in Alcoholics Anonymous** will be August 5-9, 2020 in Spokane, Washington. For more information please visit www.idaa.org.



Health Professionals' Services Program
www.rbhmonitoring.com

HPSP: 888.802.2843

13 Ways to Make Halloween Safe

1. Wear makeup instead of masks. Use hypoallergenic formulas. Have an adult apply the makeup and remove it with cold cream instead of soap and water.
2. Avoid costumes with masks, floppy hats or eye patches that block vision.
3. Avoid pointed props such as spears, swords or wands that endanger other children's eyes.
4. Wear bright, reflective clothing or have reflective patches somewhere on the costume.
5. Carry a bright flashlight to illuminate sidewalks, steps and paths.
6. Never drive while wearing a mask.
7. Obey all traffic signals, whether pedestrian or driver.
8. Younger children should be accompanied by an adult while traveling about the neighborhood. Older children should trick or treat in groups.
9. Use common sense. Never dart out between parked cars or hidden corners such as alleys. Avoid streets under construction. Don't trick or treat in busy commercial areas or where there is heavy traffic.
10. Inspect all trick or treat items before allowing children to have them.
11. Be sure the path and stairs to your front door are well illuminated and clear of obstacles.
12. Daylight trick or treating is safer than going out after dark.
13. Halloween parties are safer than trick or treating at any time.



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