



To Our Staff:

- To staff who are interested in taking a Personal Home Care Aide Training (PHCAST) for Homemakers . Take the training online at: <https://www.mass.gov/home-care-aide-training-phcast> Any questions call the office 508-270-8652.
- Still looking for a site to receive your Covid-19 Vaccine go to: **Mass.gov**

follow the prompts

- Vaccination Location Types
- Find your appointment
- Search vaccine locations
- Make your appointment



Visit our Website at:  
[Bethanyathomecare.org](http://Bethanyathomecare.org)  
To stay updated on BAH information

Daylight Saving Time

**Sunday, March 14, 2021** Daylight Saving



Time starts on the second Sunday of March for the United States. Clocks are turned forward one hour from 2 am to 3 am. Clocks are changed forward one

hour from local standard time to local daylight time.

Now is also a great time to change the batteries in your **Smoke Alarms** and

Irish Soda Bread

**Ingredients**

- 1/2 cup sugar
- 4 Cups all-purpose flour...divided
- 2tsp baking powder
- 1tsp baking soda
- 1/4 tsp salt
- 3 cups raisins
- 2Tbsp caraway seeds (optional)
- 2 eggs, lightly beaten
- 1 1/4 cups buttermilk
- 1 cup sour cream



**Instructions**

- Preheat oven to 350 degrees F.
- Grease a 9 inch round baking or cake pan.
- In a mixing bowl, combine flour (reserve 1 Tbsps.), sugar, baking powder, baking soda, salt, raisins, and caraway seeds (optional)
- In a smaller bowl, blend eggs, buttermilk, and sour cream.
- Stir the liquid mixture in to the flour mixture just until flour is moistened.
- Knead dough in bowl about 10-12 strokes.
- Dough will be sticky.
- Place dough in the prepared pan and pat down.
- Cut a 4x1/4 inch deep slit in the top of the bread.
- Dust with 1 Tbsp. flour.
- Bake in preheated oven for 65-75 minutes.
- Let cool and turn bread out onto a wire rack.



## **To All Bethany at Home Staff,**

Please, share if you know of individuals interested in taking this Training, and working in home care.

Last week, EOEA officially launched the free, online Personal Home Care Aide Training (PHCAST) for Homemakers available here: <https://www.mass.gov/home-care-aide-training-phcast>

### **Overview of the PHCAST Homemaker Training Online**

- Individuals who want to work as homemakers can now access free, online training which includes 11 self-paced modules, is roughly 37 hours long, and can be taken on a laptop, tablet or phone.
- This online training covers the topics and skills necessary to become a Homemaker for individuals enrolled in state's home care program.
- After students successfully complete this training, they can print out a certificate to share with their Home Care Agency employer. Home Care Agency employers will still be responsible for providing them with a 3 hour Orientation to Home Care per the ASAP contract requirements.

### **Enrollment Instructions**

- There are two enrollment options for students who use this training:
  - o Option 1: Students who are new to the Field and enroll to complete the entire course, or
  - o Option 2: Students who are already work in home care and are interested in taking some of the modules as a refresher
- **Students who are new to the field** should register with the following "Join Code": LTYBGP (upper-case letters only) at: <https://elderaffairs.instructure.com/register>
- **Students who are already work in home care are interested in taking some of the modules as a refresher** should register with the following "Join Code": F9BLRB (upper-case letters only) at the same link: <https://elderaffairs.instructure.com/register>

This new online course is the stepping stone to a career path that includes Personal Care, Homemaker, Home Health Aide, and other health care professions.

During 2021, EOEA plans to translate the online PHCAST Homemaker Training into both Spanish and Haitian Creole. They will also begin the work of converting the next level training for PC Homemaker into the same online format in English, Spanish and Haitian Creole.

Thank you,  
Jayne Kelleher