

Creating opportunities for people with developmental disabilities



If you develop flu-like symptoms: avoid contact with other people, get plenty of rest and drink lots of fluids.



It's still the flu season: How to protect ourselves and the ones we love

The holidays may be over, but the flu season is still everywhere in our communities. Being aware of the symptoms and taking care of ourselves is a way to protect ourselves and the ones we love. Here are some commonly asked questions related to the Seasonal Flu and H1N1:

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Sometimes diarrhea and vomiting are present.

What should I do if I get sick?

If you get sick with flu like symptoms, you should stay home and avoid contact with others except to get medical attention. If you start to get flu symptoms: get plenty of rest, drink plenty of liquids, don't use alcohol or tobacco and cover your mouth and nose with a tissue every time you cough or sneeze. Take medications that are approved by your doctor to lessen the symptoms of flu.

Emergency Warning Signs for Children

Call your doctor or go to the emergency room immediately if your child has any of these symptoms: high or long-lasting fever, fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, changes in mental state such as not waking up or Interacting, being so cranky that they don't want to be held, seizures, or flu-like symptoms that get better but then return with fever and worse cough.

Emergency Warning Signs for Adults

Call your doctor or go to the emergency room immediately if you have any of these symptoms: high or long-lasting fever, difficulty breathing or shortness of breath, pain or pressure in the chest, near-fainting or fainting, confusion, or severe or persistent vomiting.

If you are at special risk from complications of flu, call as soon as symptoms begin.

People at special risk of flu complications include: those age 65 and older people of any age with chronic medical conditions, pregnant women and young children.

Inside this issue:

Client Spotlight	2
Trainings	2
Provider Spotlight	3
Recipe	3
Staff Spotlight	4
Health Action Tip	4
Events	5
Birthdays	6

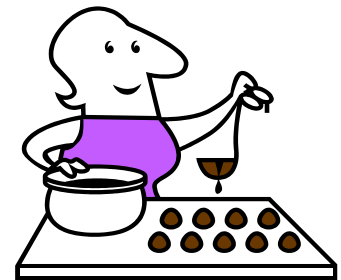
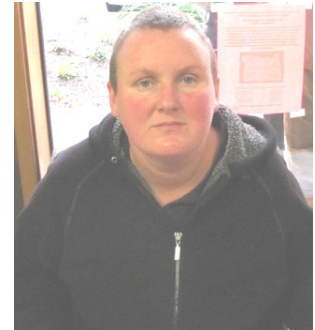
And remember to wash your hands!

Client Spotlight

Alita Harper was born in California and lived there until she was 12 years old. Her family moved to Eugene in 1986 and has been here ever since.

Alita enjoys living independently, water aerobics, cooking and spending time with her family. She has worked for Euphoria Chocolate for 13 years doing production work. Alita weighs and bags chocolate and takes out recycling. She said there are several great things about her job, including medical, dental, retirement, free time during the summer and her manager, Bob, who gives all employees gift certificates at Christmas.

Alita said the best part of being with Full Access is “getting my bus pass so I can get around and having my PA and advocate because they help me out a lot.” Alita has a lot of goals; she wants to “buy a house, meet a special man and get a golden retriever” in the future.



Resources and Trainings

From Clienthood to Citizenship - Creating Community with Natural Supports & Generic Services,
by Kathy Snow

February 12, 2010, DHS office, 2885 Chad Dr., Eugene - off of Coburg Rd, \$15 fee.

Register at www.directsupports.com, for more info call Cynthia Owens at (503) 339-4758

Isn't it time for people with disabilities to move from clienthood, isolation and dependence in the system to citizenship, inclusion, and interdependence in the community?

It can happen!

During this presentation, you'll learn how to recognize the natural supports and generic services in your community, identify the strengths and interests of persons with disabilities and then connect the two. When individuals are connected to others based on their similarities, great outcomes are possible, including new friendships, employment opportunities and more!

This half-day video conferences will be broadcast live in Eugene or you can choose to see the presentation in person in Salem. Domestic Employees can request a scholarship to Full Access for the fee. Submit a written request to:

Full Access
ATTN: Margaret Theisen
1240 Charnelton St.
Eugene, OR 97401



Provider Spotlight

Meet Tracy Laubach! Tracy is one of our amazing providers in Central Oregon! Here's what people have to say about Tracy:

Tracy connects with people; she has the most amazing gift for engaging others and making them feel heard and understood.

Tracy sees possibilities then finds ways to help people so that they can see and believe the possibilities too.

Tracy is committed, dedicated and follows through with commitments. She is an excellent person to have as part of a team because she communicates and works well with everyone, but also takes individual initiative. She sees a need and then works to meet it. Things that I never thought could happen have happened with Tracy providing supports.



Thank you, Tracy, for partnering with all of us at Full Access!

Recipe

Cheeseburger Pie

This recipe is quick, easy and delicious!

Ingredients:

- 1 can/tube of croissant rolls
- 1 lb of ground beef or ground turkey
- 1 large can of tomato paste
- 2 cups of Mozzarella cheese
- 1 can of sliced black olives

Seasonings: Johnny's seasoning, garlic powder, salt and pepper



- Preheat the oven by following the directions on the back of the croissant rolls.
- In a pie dish, roll out the croissant rolls to create a pie crust.
- Brown the ground beef/turkey until it's cooked completely.
- Add the can of tomato paste, black olives and season to your liking.
- Heat the mixture until warm.
- Put the ground beef mixture in the uncooked croissant crust pie dish.
- Top with mozzarella cheese.
- Cook the cheeseburger pie for the amount of time asked for on the back of the croissant rolls can usually 11-13 minutes
- Slice it into pie slices and enjoy!

Staff Spotlight

Amanda is one of the ‘not so new’ new PAs in the Bend office. She moved to Bend from Arizona about a year ago and joined Full Access in April. Amanda says she moved to Bend because she thought it would be a fun town to live in and loved the outdoor lifestyle it offers. She was also ready to leave the Arizona heat behind.

Back in Arizona Amanda worked for Social Services for about 4 years, working with children and their families. It was her first job out of college where she completed two degrees in Psychology and Sociology.

Amanda chose the job with Full Access because she thought it would be interesting to work with a different population than children and families. Working with people with developmental disabilities is also a personal passion of hers because she has a sister who is developmentally disabled. Amanda felt that she can build on her personal experience when working for Full Access.



Amanda says the best part of the job for her is getting to know her clients and their families. They are all so unique and interesting and Amanda loves to learn more about their lives. She feels that her job at Full Access allows her to learn and grow professionally and personally.

When Amanda is not working she enjoys reading, watching movies, working out at the gym and spending time outside. She has a cat named Fozzie who is very special to her.

Amanda’s dream vacation would be a backpacking trip around Europe. She wants to visit lots of different countries to explore their history and culture first hand. She also wants to visit a real castle and one day write a children’s book.

The Bend team recently did a Person Centered Planning process for Amanda. This is what her team mates said about her: Amanda is very intelligent and is organized and tidy. She is compassionate, considerate, kind and thoughtful and has a smile on her face even when times are tough. We are very lucky to have her in our team!

Health Action Tip

Stress Kills

You can eat right, exercise regularly and still have a high risk for health problems. Why? Stress. Stress triggers your ancient fight or flight response raising your blood pressure and kicking your heart into high gear. This is good to help you deal with short-term crisis, like getting away from an enemy or making an important deadline. But if this goes on too long it can create many health problems from high blood pressure to stroke and heart attack. So to help control your stress try meditation, yoga or just enjoying the company of people who make you smile!

Events in Eugene / Springfield

Valentine's Day Dance

February, 12th, 6:30-9:30pm, Hilyard Community Center, Muti Purpose Room, cost \$5.

For registration and information call (541) 682-5311

McKenzie Personnel presents: Fun at Chuck E. Cheese

February 24th, 6-8pm, Gateway Mall, Springfield, Please bring \$10-15 if you want pizza and game tokens.

For more information call (541) 746-4463

Pearl Buck Talent Show

Deadline for try outs is March 5th at 3:30pm, performance limited to 5minutes.

Talent Show is on March 26th at 6:30pm at 3690 W. 1st . Show is free, donations are accepted.

For more information call Melissa at (541) 484-4666 Ext. 117.



Events in Eastern Oregon

First Wednesday Indoor Art Walk

Feb. 2 & 3, 4-6:30pm, 2127 South Hwy. 97, Redmond, No Cost.

For more information call (541) 548-6900

City of Culver Centennial Celebration/Chili Cook Off

Feb. 13, 7:30am-4:45pm, Culver City Hall.

For more information call (541) 546-6494

Snowshoe Nature Walk

Explore local snow parks and the winter forest.

Feb. 13, 12:30-3:30pm, Sunriver Nature Center, 57245 River Rd

Adults \$7, Children \$4. For more information call (541) 593-4394

Happy 100th Birthday City of Madras

Feb. 14, 7:30am-4:45pm, Downtown Madras.

For more information call (541) 475-2350

Happily Ever After...A Cinderella Tale

Feb. 14, 2pm, Tower Theater, 835 NW Wall St, Adults \$10, Children \$7.50.

For more information call (541) 317-0700

Mountainfilm on Tour

Enjoy a variety of films to benefit the Environmental Center,

Feb. 26 & 27, 7-10pm, Tower Theater 835 NW Wall St.

Admission \$17.50 in advance or \$20 @ door.

For more information call (541) 385-6908 ext. 18

Basket of Hope

Feb. 27, 11am-4pm, Riverhouse Convention Center, 3075 US 97, Bend

Free





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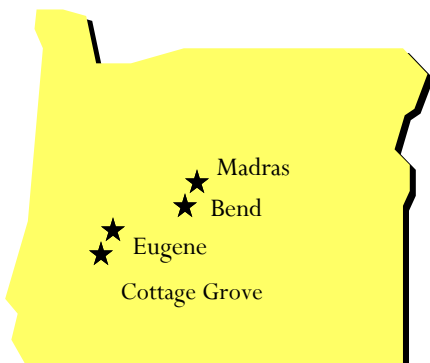
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Happy Birthday to:

Adrian L	Donald F	Jill V	Rain T	Sherry G
Amber M	Doug T	Julie B	Robert A	Tancy M
Andrew Z	Earl S	Kelsie L	Robert A	Terry H
Anthony B	Eric B	Leslie R	Robin L	Thomas J
Cindy S	George H	Lillian N	Ronaele L	Tim T
Danny K	Jake D	Lisa G	Sandra W	Travis G
David F	Jamie H	Liza L	Scott E	Troy R
Dawn M	Jay N	Mark L	Sherlyn D	Yulonda B
		Nicholas F		

And to anyone we may have missed!!



Don't forget the Sprout Film Festival!!

May 13th in Eugene-Springfield

May 14th in Bend

Thank you for all your support of Measures 66 & 67!!